



Monday

Tuesday

Wednesday

Thursday

Friday



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| <p>♥Please note that highlighted items are premium nutritiously prepared items!</p> <p>We proudly use Vermont Apples</p>   | <p>1<br/>♥Healthy Salad, or ♥Deli Choices, or Fish -N- Chips (Fish Nuggets &amp; French Fries) Flavorfully Seasoned Corn ♥Whole Wheat Dinner Roll ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>             | <p>2<br/>♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Chilled Applesauce Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p> | <p>3<br/>♥Healthy Salad, or ♥Deli Choices, or Taco Bar w/ the Works! Lettuce, Tomato, Cheese Cabot Sour Cream, Salsa, Peppers ♥ Spanish Rice ♥Fresh Homemade Coleslaw ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>  | <p>4<br/>♥Healthy Salad, or ♥Deli Choices, or Hearty Homemade Soup Grilled Cheese Sandwich Westminster VT Saltine Crackers ♥Veggie Sticks &amp; Dip ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>    |
| <p>7<br/>♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken Nuggets ♥Ranch Fiesta Rice Pilaf ♥Crunchy Vegetables ♥Creamy Ranch Dip ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>                                | <p>8<br/>♥Healthy Salad, or ♥Deli Choices, or Homemade Macaroni &amp; Cheese ♥Cheddar, American, Pasta ♥Fresh Garden Tossed Salad ♥Chilled Tropical Fruit Salad ♥Homemade Fruit Muffins ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p> | <p>9<br/>♥Healthy Salad, or ♥Deli Choices, or Home Baked Double Decker (Ham, Pepperoni &amp; Cheese) ♥Fresh Garden Tossed Salad ♥Chilled Fruit Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>               | <p>10<br/>♥Healthy Salad, or ♥Deli Choices, or Spaghetti &amp; Meatballs ♥Steamed Broccoli Warm Garlic Bread Happy Birthday Aprilrites Happy Birthday Cake ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>   | <p>11<br/>♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza ♥Assorted Vegetables ♥Creamy Ranch Dip ♥Chilled Applesauce Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>     |
| <p>14<br/>No School</p>  | <p>15<br/>No School</p>  | <p>16<br/>No School</p>  | <p>17<br/>No School</p>   | <p>18<br/>No School</p>   |
| <p>21<br/>Weekly Specialty Entree Breakfast Menu<br/>Mon., Egg and Cheese Muffins<br/>Tues., Ham &amp; Cheese Bagels<br/>Wed., Combo Bars<br/>Thurs., Sausage Muffins<br/>Fri., Cinnamon Buns</p>  | <p>22<br/>♥Healthy Salad, or ♥Deli Choices, or Dress Your Own Burger ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Chilled Jell-O with Mixed Fruit ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>   | <p>23<br/>♥Healthy Salad, or ♥Deli Choices, or Kid Pleasing' Chili <u>Frito Lay Baked Scoops</u> Cabot Sour Cream Spanish Rice Pilaf Ice Cream Party ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>  | <p>24<br/>♥Healthy Salad, or ♥Deli Choices, or Chicken &amp; Biscuits ♥Gravy, Chicken,Biscuits ♥Mixed Vegetables ♥Cranberry Sauce ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>  | <p>25<br/>♥Healthy Salad, or ♥Deli Choices, or Breakfast for Lunch ♥Egg &amp; Cheese Breakfast Burritos ♥Garden Fresh Salsa ♥Crisp Oven Baked Hash Brown ♥Homemade Healthy Crisp ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p> |
| <p>28<br/>Prices<br/>Regular Priced Breakfast, \$.75<br/>Reduced Priced Breakfast, \$.30<br/>Regular Priced Lunch, \$1.50<br/>Reduced Priced Lunch, \$.40<br/>Vermont Farm Fresh Milk, \$.50<br/>Assorted Juice Box, \$.35<br/>Adult Lunch Price, \$3.00</p> | <p>29<br/><b>Local Vermont Day</b><br/>Vermont Baked Potato Bar ♥Yummy Vermont Potatoes Chili, Broccoli,Sour Cream, ♥Salsa, Cheese Sauce, Chives ♥Fresh Garden Tossed Salad ♥Vermont Maple Sundae ♥Vermont Farm Fresh Milk</p>                       | <p>30<br/>♥Healthy Salad, or ♥Deli Choices, or Cheesy Bread Sticks ♥Italian Marinara Sauce ♥Hearty Homemade Soup ♥Crunchy Vegetable Sticks ♥Creamy Ranch Dip ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>                                | <p>In Support of the Vermont agriculture community, The Abbey Group proudly directs it's purchasing efforts to include locally grown produce &amp; Vermont made products in our meal production in the cafeterias we manage.</p> <p>We proudly affiliate our efforts in our Nutritional Pursuits with The Vermont Feed Network and NOFA Organization.</p> |   |

Parents Wanted! Now accepting applications for the Food Service. Call Scott at the Abbey Group, 1-866-933-4205 x26 or online applications at [www.abbeygroup.net](http://www.abbeygroup.net)

If your income has changed for any reason, you may apply for free or reduced priced meals anytime. This information is strictly confidential!

Our menus are designed to meet the dietary guidelines of 30% or less fat from calories. This institution is an equal opportunity provider. Menus may change due to school closings without notice.