

# got milk?

*Meland & Gray Middle & High School*

*April 2008*

Monday

Tuesday

Wednesday

Thursday

Friday

<p>♥Please note that highlighted items are premium nutritiously prepared items!</p> <p>We proudly use Vermont Apples</p>	<p>1 ♥Healthy Salad, or ♥Deli Choices, or <b>Homemade Macaroni &amp; Cheese</b> ♥ Cheddar, American, Pasta ♥Fresh Garden Tossed Salad ♥Chilled Fruit Cups ♥Homemade Fruit Muffins ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>2 ♥Healthy Salad, or ♥Deli Choices, or <b>Taco Bar w/ the Works!</b> Lettuce, Tomato, Cheese Cabot Sour Cream, Salsa, Peppers ♥ Spanish Rice ♥Fresh Homemade Coleslaw ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>3 ♥Healthy Salad, or ♥Deli Choices, or <b>Baked Breaded Chicken</b> ♥Garlic Mashed Potatoes ♥Seasoned Corn ♥Whole Wheat Dinner Roll ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>4 ♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Chilled Pineapple Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>7 <b>We make Bag Lunches For Field Trips</b> <b>Bag Lunch Menu</b> Choice of Grinder &amp; Fixings Assorted Chips Assorted Fresh Fruit Granola Bar Vermont Farm Fresh Milk</p>	<p>8 ♥Healthy Salad, or ♥Deli Choices, or <b>Buffalo Style Chicken Wrap</b> Served w/ Blue Cheese ♥Crunchy Vegetable Sticks &amp; Dip ♥Healthy Pasta Salad ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>9 ♥Healthy Salad, or ♥Deli Choices, or <b>Homemade Abbey Calzone</b> Meat &amp; Veggie Fillings ♥Crisp Vegetables Sticks &amp; Dip ♥Fresh Side Caesar Salad Happy Birthday Aprilrites Happy Birthday Cake ♥Vermont Farm Fresh Milk</p>	<p>10 ♥Healthy Salad, or ♥Deli Choices, or <b>Baked Goulash</b> ♥Meat &amp; Vegetarian Style ♥Seasoned Corn ♥Chilled Fruit Cups ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>11 ♥Healthy Salad, or ♥Deli Choices, or <b>Breakfast for Lunch</b> ♥Piping Hot Waffles ♥Oven Baked Homefries ♥Seasoned Sausage Patties ♥Homemade Apple Crisp ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>14 Daily Breakfast Menu Assorted Milk Assorted Juice or Fruit Assorted. Bagels, Hot Cereals, Cold Cereals, and Fruit Muffins, or Choose From A Specialty Entree</p>	<p>15 ♥Healthy Salad, or ♥Deli Choices, or <b>Frito Lay Nacho Day</b> Meat, Cheese, Salsa, Onions, ♥Peppers, ♥Tomatoes, ♥Black Olives, <b>Frito Lay Baked Scoop Chips</b> Spanish Rice Pilaf ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>16 ♥Healthy Salad, or ♥Deli Choices, or Pasta Bar w/ Cheese or Meat Sauce Rotini or Spaghetti ♥Garden Fresh Tossed Salad Garlic Bread Sticks ♥Assorted Low Fat Dressings ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>17 ♥Healthy Salad, or ♥Deli Choices, or <b>Turkey &amp; Biscuits</b> ♥Gravy, Chicken, Biscuits ♥Mixed Vegetables ♥Cranberry Sauce ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>18 ♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Chilled Apple Sauce ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>21 <b>Weekly Specialty Entree</b> <b>Breakfast Menu</b> Mon., Egg and Cheese Muffins Tues., Ham &amp; Cheese Bagels Wed., Combo Bars Thurs., Sausage Muffins Fri., Cinnamon Buns</p>	<p>22 <b>No School</b></p>	<p>23 <b>No School</b></p>	<p>24 <b>No School</b></p>	<p>25 <b>No School</b></p>
<p>28 Prices Regular Priced Breakfast, \$1.00 Reduced Priced Breakfast, \$.30 Middle &amp; High Regular Lunch, \$2.50 Reduced Priced Lunch, \$.40 Vermont Farm Fresh Milk, \$.50 Assorted Juice Box, \$.35 Adult Lunch Price, \$3.00</p>	<p>29 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or <b>Dress Your Own Burger</b> <b>Beef &amp; Vegetarian Burgers</b> ♥pickles, lettuce, tomatoes, &amp; cheese <b>Couscous &amp; Veggie Sticks</b> ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>30 <b>Local Vermont Day</b> <b>Vermont Baked Potato Bar</b> ♥ Yummy Vermont Potatoes Chili, Broccoli, Sour Cream, ♥Salsa, Cheese Sauce, Chives ♥Fresh Garden Tossed Salad ♥Vermont Maple Sundae ♥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.

