



This institution is an equal opportunity provider and employer.

Thurs., April 1

Holiday Meal

Roast Pork
Creamy Mashed Potato
Home-style Gravy
Seasoned Green Peas & Carrots
Homemade Wheat Dinner Roll
Spring Dessert
Farm Fresh Milk

Friday, April 2

Stuffed Stromboli
Ham, Pepperoni or Veggie & Cheese

Garden Salad
Marinara Sauce
Low-fat Dessert

Fresh Fruit
Farm Fresh Milk

Prices

Breakfast

Paid \$1.25
Reduced Free
Adult \$1.75

Lunch

Paid \$2.00
Reduced \$0.40
Adult \$3.00

Milk \$0.50

Comments or Suggestions?

Call or email
The Abbey Group
1-800-696-4748
coments@abbeygroup.net

Looking for a job that lets you be at home when your family needs you there?

Come Join our Team!!
Call today for more information.

1-866-933-4205 X24

Monday, April 5

Buffalo Style Chicken Wrap
With Toppings

Ranch Rice Pilaf
Steamed Carrots
Sliced Melon

Fresh Fruit
Farm Fresh Milk

Tuesday, April 6

Hearty Turkey & Rice
Soup w/
New England Crackers

Grilled Cheese
Steamed Corn
Happy Birthday Cake

Fresh Fruit
Farm Fresh Milk

Wed., April 7

Kid Friendly Dirty Rice
(Rice, Spices, Ground beef)
* New try a taste test

Chilled Fruit Cups
Corn Chips
Garden Salsa

Fresh Fruit
Farm Fresh Milk

Thurs., April 8

Creamy Mac & Cheese
Cornbread Squares

Cauliflower,
Broccoli & Carrots
Mixed Fruit

Fresh Fruit
Farm Fresh Milk

Friday, April 9

Oven Baked Breaded Chicken

Savory Rice Pilaf
Roasted Veggies
Wheat Dinner Rolls

Fresh Fruit
Farm Fresh Milk

Available Daily Meal Options

Hoagieville Deli
Zesty Pizza
Garden Fresh Salad Bar
Popular Express Lane
Cabot Yogurt & String Cheese
Vegetarian Options
OR
Hot Entrée listed

The Abbey Group's meal options are prepared home-style daily with fresh local products!

Monday, April 12

SPRING RECESS



Tuesday, April 13

SPRING RECESS



Wed., April 14

SPRING RECESS



Thurs., April 15

SPRING RECESS



Friday, April 16

SPRING RECESS



Daily Breakfast Options

Mon: French Toast Sticks w/
Warm syrup
Tues: Sausage & Cheese and Egg
& Cheese Muffins
Wed: Healthy Breakfast Pizza
Thurs: Sausage & Cheese Bagels
and Ham & Cheese Bagels
Friday: Cinnamon Buns w/Icing
**Cereal, Bagels, Muffins, Fruit,
Milk and 100% Juice offered
EVERYDAY!





April 2010
Mill River Union
High School

This institution is an equal opportunity provider and employer.

Pay for meals on-line at



Breakfast
\$1.25

Lunch
\$2.00

Providing parents a safe secure way to manage food service payments and to look up account balances.

Visit our website: www.abbeygroup.net/foodserve.htm to access school menus, online pre-pay and food policy statements.

BUY LOCAL

We support local New England Companies

- Saputo Cheese Co.
- Cold Hollow Cider
- Vt. Country Farms
- McKenzie
- Mazza Farm Stand
- Westminster Cracker
- Sentinel Orchards
- Cabot Cooperative
- Champlain Orchards

Monday, April 19

New Mini Chicken Sliders

Homemade Mashed Potatoes w/ Gravy Seasoned Peas

Fresh Fruit
Farm Fresh Milk

Tuesday, April 20

Pasta Bar
Macaroni or Spaghetti
Meat & Cheese Sauce

Steamed Corn
Garlic Bread
Sticks

Fresh Fruit
Farm Fresh Milk

Wed., April 21

McKenzie Foot Long Hotdogs

Baked Beans
Cucumber Slices
Low-fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., April 22

Localvore Day
 Brunch For Lunch
 Yummy Waffles
 Scrambled Eggs
 w/ Real Syrup

Sweet & White Home fries
 Baked Ham
 Warm Apple Crisp

Fresh Fruit
Farm Fresh Milk

Friday, April 23

Homemade Cheesy Bread Sticks

Vegetable Soup
Garden Salad
Marinara Dipping Sauce

Fresh Fruit
Farm Fresh Milk

Available Daily Meal Options

- Hoagieville Deli
- Zesty Pizza
- Garden Fresh Salad Bar
- Popular Express Lane
- Cabot Yogurt & String Cheese
- Vegetarian Options
- OR**
- Hot Entrée listed

The Abbey Group's meal options are prepared home-style daily with fresh local products!

Monday, April 26

BBQ Pulled Pork Sandwich

Oven Baked Fries
Roasted Vegetables
Low-fat Dessert

Fresh Fruit
Farm Fresh Milk

Tuesday, April 27

Homemade Baked Lasagna
Meat or Meatless

Steamed Carrots
Homemade Garlic Bread

Fresh Fruit
Farm Fresh Milk

Wed., April 28

Chicken Fajita w/Wheat Wrap
Sour Cream & Salsa

Rice Pilaf
Steamed Corn
Chilled Fruit Cup
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., April 29

Frito Lay Bowl
 Taco
 W/ the Works
Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.

Spanish Rice
Creamy Coleslaw
Low-fat Dessert

Fresh Fruit
Farm Fresh

Friday, April 30

Freshly Made Pepperoni, Ham & Veggie Calzones

Side Caesar Salad
Marinara Dipping Sauce
Juicy Cantaloupe

Fresh Fruit
Farm Fresh Milk

Daily Breakfast Options

- Mon:** French Toast Sticks w/ Warm syrup
- Tues:** Sausage & Cheese and Egg & Cheese Muffins
- Wed:** Healthy Breakfast Pizza
- Thurs:** Sausage & Cheese Bagels and Ham & Cheese Bagels
- Friday:** Cinnamon Buns w/Icing
**Cereal, Bagels, Muffins, Fruit, Milk and 100% Juice offered EVERYDAY!