



**April 2010
Pownal
Elementary**

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
Italian Meatball Sub On a Wheat Roll
Side Caesar Salad
Roasted Zucchini
Low-fat Dessert
Fresh Fruit
Farm Fresh Milk

Prices	
Breakfast	
Paid	\$1.00
Reduced	Free
Adult	\$1.50
Lunch	
Paid	\$1.75
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
Chicken Sandwich Served on Wheat Roll (Lettuce & Tomato)
Potato Wedges
Glazed Carrots
Low-Fat Dessert
Fresh Fruit
Farm Fresh Milk

Tuesday, April 6
Creamy Mac & Cheese
Cornbread Squares
Cauliflower, Broccoli & Carrots
Mixed Fruit
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
1/2 DAY
Hot Dog w/ All the fixings
Potato Puffs
Side Caesar Salad
Happy Birthday Cake
Fresh Fruit
Farm Fresh Milk

Friday, April 9
1/2 DAY
Hearty Vegetable & Rice Soup
Ham & Cheese Sandwich
Veggie Sticks & Dip
Low-Fat Dessert
Fresh Fruit
Farm Fresh Milk

Available Daily Meal Options
Hoagieville Deli
Garden Fresh Salad Bar
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

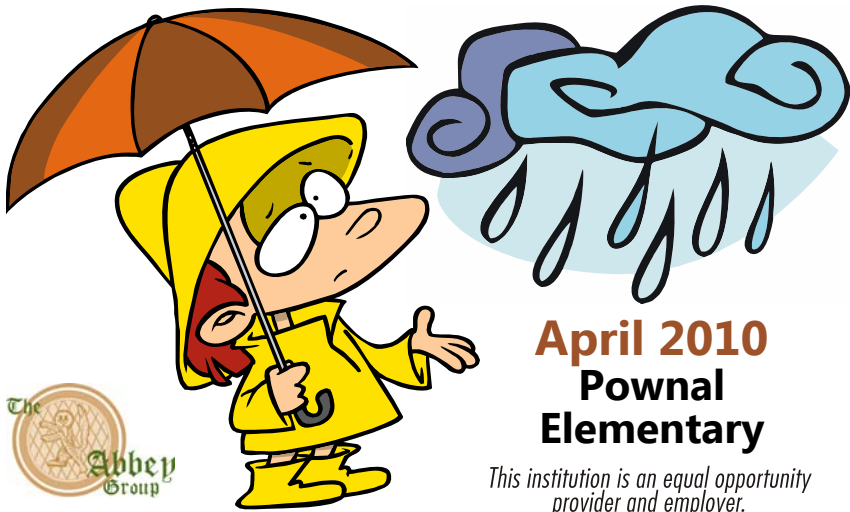

Tuesday, April 13
SPRING RECESS


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!

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Pay for meals on-line at



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
- Sunrise Orchards
- Mighty Food Farm
- Green River Produce
- Youth Horticultural Group
- MAUHS
- Cabot Cooperative
- Westminster Crackers
- Vt. Country Farms

Monday, April 19	Tuesday, April 20	Wed., April 21	Thurs., April 22	Friday, April 23
<p>Baked Chicken Nuggets With Dipping Sauce</p> <p>Mashed Potatoes Steamed Broccoli Oatmeal Dinner Rolls</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Pasta Bar Macaroni or Spaghetti Meat & Cheese Sauce</p> <p>Garden Salad Low-Fat Dressing Garlic Bread Sticks</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Pig-N- Blanket Frank Wrapped in Bread Dough</p> <p>Baked Beans Cucumber Wedges Low-fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Localvore Day Brunch For Lunch Yummy Waffles w/ Real Syrup</p> <p>New England Sweet & White Home fries Baked Ham Warm New England Apple Crisp</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Homemade Cheesy Bread Sticks</p> <p>Minestrone Soup Garden Salad Marinara Dipping Sauce</p> <p>Fresh Fruit Farm Fresh Milk</p>

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Cabot Yogurt & String Cheese
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Monday, April 26	Tuesday, April 27	Wed., April 28	Thurs., April 29	Friday, April 30
<p>Dress Your Own Hamburger Lettuce, Tomato, Cheese, Onions & Pickle</p> <p>Ranch Rice Pilaf Roasted Vegetables Low-fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Rotini served with Meat or Meatless Sauce</p> <p>Garden Tossed Salad Homemade Garlic Bread</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Ham & Cheese Double Decker Ham, Cheese & Dough</p> <p>Garden Pasta Salad Plump Cranberries Low-fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Freshly Made Pepperoni & Cheese Pizza</p> <p>Vegetable Sticks Ranch Dip Apple Sauce</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Taco Bar W/ the Works Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.</p> <p>Spanish Rice Creamy Coleslaw Low-fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>

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