



**April 2010  
Proctor  
High School**

*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**

Freshly Made  
Pepperoni &  
Cheese Pizza  
  
Tossed Garden  
Salad  
Low-Fat Dressing  
Steamed Corn  
  
Fresh Fruit  
Farm Fresh Milk

Prices	
<b>Breakfast</b>	
Paid	\$1.00
Reduced	Free
Adult	\$1.50
<b>Lunch</b>	
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 infor-  
mation.  
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  
Vegetable Sticks  
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**

Marinated  
Chicken Breast  
With Fresh Herbs

Savory Rice Pilaf  
Roasted Veggies  
Wheat Dinner Rolls

Fresh Fruit  
Farm Fresh Milk

Available Daily Meal Options
Hoagieville Deli
Garden Fresh Salad Bar
Cabot Yogurt & String Cheese
Vegetarian Options <b>OR</b> 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
<b>Mon:</b> French Toast Sticks w/ Warm syrup
<b>Tues:</b> Sausage & Cheese and Egg & Cheese Muffins
<b>Wed:</b> Healthy Breakfast Pizza
<b>Thurs:</b> Sausage & Cheese Bagels and Ham & Cheese Bagels
<b>Friday:</b> Cinnamon Buns w/Icing <small>**Cereal, Bagels, Muffins, Fruit, Milk and 100% Juice offered EVERYDAY!</small>



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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](http://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

<b>Monday, April 19</b>	<b>Tuesday, April 20</b>	<b>Wed., April 21</b>	<b>Thurs., April 22</b>	<b>Friday, April 23</b>
<p>New Mini Chicken Sliders</p> <p>Homemade Mashed Potatoes w/ Gravy Seasoned Peas</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Pasta Bar Macaroni or Spaghetti Meat &amp; Cheese Sauce</p> <p>Garden Salad Low-Fat Dressing Garlic Bread Sticks</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>McKenzie Foot Long Hotdogs</p> <p>Baked Beans Cucumber Slices Low-fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p><b>Localvore Day</b> Brunch For Lunch Yummy Waffles Scrambled Eggs w/ Real Syrup</p> <p>Sweet &amp; White Home fries Baked Ham Warm Apple Crisp</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Homemade Cheesy Bread Sticks</p> <p>Vegetable Soup Garden Salad Marinara Dipping Sauce</p> <p>Fresh Fruit Farm Fresh Milk</p>

<b>Available Daily Meal Options</b>
<p>Hoagieville Deli</p> <p>Garden Fresh Salad Bar</p> <p>Cabot Yogurt &amp; String Cheese</p> <p>Vegetarian Options <b>OR</b> Hot Entrée listed</p> <p>The Abbey Group's meal options are prepared home-style daily with fresh local products!</p>

<b>Monday, April 26</b>	<b>Tuesday, April 27</b>	<b>Wed., April 28</b>	<b>Thurs., April 29</b>	<b>Friday, April 30</b>
<p>Hot Roast Beef Sandwich w/ Gravy</p> <p>Oven Baked Fries Roasted Vegetables Low-fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Homemade Baked Lasagna Meat or Meatless</p> <p>Steamed Carrots Homemade Garlic Bread</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Ham &amp; Cheese Double Decker Ham, Cheese &amp; Dough</p> <p>Garden Salad Plump Cranberries Low-fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Taco Bar W/ the Works Lettuce, Tomato, Peppers, Salsa, Sour Cream &amp; Cheese.</p> <p>Spanish Rice Creamy Coleslaw Low-fat Dessert</p> <p>Fresh Fruit Farm Fresh</p>	<p>Freshly Made Pepperoni &amp; Cheese Pizza</p> <p>Vegetable Sticks Ranch Dip Apple Sauce</p> <p>Fresh Fruit Farm Fresh Milk</p>

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