



April 2010
St. Albans
City 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
 Vegetable Sticks
 Ranch Dip
 Chilled Fruit Cup
 Fresh Fruit
 Farm Fresh Milk

Prices	
Breakfast	
Paid	\$0.85
Reduced	Free
Adult	\$1.50
Lunch	
Paid	\$1.50
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

Taco Bar
 W/ the Works
 Lettuce, Tomato, Peppers,
 Salsa, Sour Cream & Cheese.
 Spanish Rice
 Creamy Coleslaw
 Low-fat Dessert
 Fresh Fruit
 Farm Fresh Milk

Wed., April 7

Hearty Turkey & Rice
 Soup w/
 New England Crackers
 Grilled Cheese
 Vegetable Sticks
 Low-fat Dessert
 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

Freshly Made Pepperoni & Cheese Pizza
 Garden Salad
 Low Fat Dressings
 Jell-O with Fruit
 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

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

Tuesday, April 13

Oven Baked Chicken Nuggets
 Pasta Salad w/
 Vegetables
 Chilled Mandarin Orange Cups
 Wheat Dinner Rolls
 Fresh Fruit
 Farm Fresh Milk

Wed., April 14

Sloppy Joes
 Served on Wheat Roll
 Potato Wedges
 Spinach Salad
 Happy Birthday Cake
 Fresh Fruit
 Farm Fresh Milk

Thurs., April 15

Localvore Day
 Brunch For Lunch
 Yummy Waffles w/
 Maple Syrup
 New England Sweet & White Home fries
 Baked Ham
 Warm New England Apple Crisp
 Fresh Fruit
 Farm Fresh Milk

Friday, April 16

Freshly Made Pepperoni & Cheese Pizza
 Vegetable Sticks
 Hummus Dip
 Fruit Shape Ups
 Fresh Fruit
 Farm Fresh Milk

Daily Breakfast Options

Mon: French Toast Sticks
Tues: Ham & Cheese Bagel
Wed: Breakfast Pizza Pockets
Thurs: Sausage & Cheese Muffin
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



Breakfast
\$0.85

Lunch
\$1.50

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

Maplewood Organics
Stone Hollow Farm
Forgotten Thyme Farm
Green Heron Farm
Flack Family Farms
Sentinel Orchards
Saputo Cheese Co.
Cold Hollow Cider
Sunrise Orchards
Vt. Country Farms

Monday, April 19

Oven Baked
Breaded Chicken

Mashed Potatoes
Steamed Broccoli
Oatmeal Dinner Rolls

Fresh Fruit
Farm Fresh Milk

Tuesday, April 20

Spaghetti w/
Meat or Marinara
Sauce

Garden Salad
Low-Fat Dressing
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Wed., April 21

Ham & Cheese
Double Decker
(Ham & Cheese
between bread dough)

Baked Beans
Cucumber Wedges
Low-fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., April 22

Freshly Made
Pepperoni &
Cheese Pizza

Vegetable Sticks
Ranch Dip
Chilled Fruit Cup

Fresh Fruit
Farm Fresh Milk

Friday, April 23



**No School
Today!**

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 26

**SPRING
RECESS**



Tuesday, April 27

**SPRING
RECESS**



Wed., April 28

**SPRING
RECESS**



Thurs., April 29

**SPRING
RECESS**



Friday, April 30

**SPRING
RECESS**



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Mon: French Toast Sticks
Tues: Ham & Cheese Bagel
Wed: Breakfast Pizza Pockets
Thurs: Sausage & Cheese Muffin
Friday: Cinnamon Buns w/Icing

**Cereal, Bagels, Muffins, Fruit,
Milk and 100% Juice offered
EVERYDAY!