



**April 2010  
West Rutland  
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**

Stuffed Stromboli  
Ham, Pepperoni or  
Veggie & Cheese  
  
Garden Salad  
Marinara Sauce  
Low-fat Dessert  
  
Fresh Fruit  
Farm Fresh Milk

**Prices**

**Breakfast**

**Paid** \$1.00  
**Reduced** Free  
**Adult** \$1.50

**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 infor-  
mation.

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**

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  
Zesty Pizza  
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.**

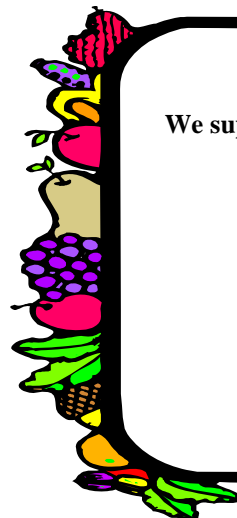
Visit our website: [www.abbeygroup.net/foodserve.htm](http://www.abbeygroup.net/foodserve.htm) to access school menus, online pre-pay and food policy statements.

**BUY LOCAL**

**We support local New England**

**Companies**

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



**Monday, April 19**

**Baked Breaded Chicken**

**Mashed Potatoes**  
Steamed Broccoli  
Oatmeal Dinner Rolls

**Fresh Fruit**  
Farm Fresh Milk

**Tuesday, April 20**

**Pasta Bar**  
Macaroni or Spaghetti  
Meat & Cheese Sauce

**Garden Salad**  
Low-Fat Dressing  
Garlic Bread Sticks

**Fresh Fruit**  
Farm Fresh Milk

**Wed., April 21**

**Pig-N- Blanket**  
Frank Wrapped in  
Bread Dough

**Baked Beans**  
Cucumber Wedges  
Low-fat Dessert

**Fresh Fruit**  
Farm Fresh Milk

**Thurs., April 22**

**Taco Bar**  
W/ the Works  
Lettuce, Tomato, Peppers,  
Salsa, Sour Cream & Cheese.

**Spanish Rice**  
Creamy Coleslaw  
Low-fat Dessert

**Fresh Fruit**  
Farm Fresh Milk

**Friday, April 23**

**Homemade Cheesy Bread Sticks**

**Minestrone Soup**  
Garden Salad  
Marinara Dipping Sauce

**Fresh Fruit**  
Farm Fresh Milk

**Available Daily Meal Options**

- Hoagieville Deli
- Zesty Pizza
- 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**

**Dress Your Own Hamburger**  
Lettuce, Tomato, Cheese,  
Onions & Pickle

**Ranch Rice Pilaf**  
Roasted Vegetables  
Low-fat Dessert

**Fresh Fruit**  
Farm Fresh Milk

**Tuesday, April 27**

**Rotini served with Meat or Meatless Sauce**

**Garden Tossed Salad**  
Homemade  
Garlic Bread

**Fresh Fruit**  
Farm Fresh Milk

**Wed., April 28**

**Ham & Cheese Double Decker**  
Ham, Cheese & Dough

**Garden Pasta Salad**  
Plump Cranberries  
Low-fat Dessert

**Fresh Fruit**  
Farm Fresh Milk

**Thurs., April 29**

**Localvore Day**

**Brunch For Lunch**  
Yummy Waffles  
w/ Real Syrup  
New England Sweet & White Home fries  
Baked Ham  
Warm New England Apple Crisp

**Fresh Fruit**  
Farm Fresh Milk

**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!

