



Tuesday

Wednesday

Thursday

Friday



<p>♥Please note that highlighted items are premium nutritiously prepared items!</p> <p>We proudly use Vermont Apples</p>	<p>1 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Grilled Italian Sausage ♥Sautéed Onions &amp; Peppers ♥Baked Potato Rounds ♥Fresh Veggie Sticks ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>2 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Grilled Turkey Ruben on Rye Turkey, Swiss, &amp; 1000 Island Dressing Assorted Chips and Pickles Homemade Coleslaw ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>3 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Taco Bar w/ the Works! Lettuce, Tomato, Cheese Cabot Sour Cream, Salsa, Peppers ♥Spanish Rice ♥Fresh Homemade Coleslaw ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>4 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Hearty Homemade Soup Grilled Cheese Sandwich Westminster VT Saltine Crackers ♥Veggie Sticks &amp; Dip ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>7 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Oven Baked Chicken Nuggets ♥Ranch Fiesta Rice Pilaf ♥Crunchy Vegetables ♥Creamy Ranch Dip ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>8 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Homemade Macaroni &amp; Cheese ♥Cheddar, American, Pasta ♥Fresh Garden Tossed Salad ♥Chilled Tropical Fruit Salad ♥Homemade Fruit Muffins ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>9 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Home Baked Double Decker (Ham, Pepperoni &amp; Cheese) ♥Fresh Garden Tossed Salad ♥Chilled Fruit Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>10 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Spaghetti &amp; Meat Sauce ♥Steamed Broccoli Warm Garlic Bread Happy Birthday Aprilrites Happy Birthday Cake ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>11 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Buffalo Style Chicken Wrap Served w/ Blue Cheese ♥Crunchy Vegetable Sticks &amp; Dip ♥Healthy Pasta Salad ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>14 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Dress Your Own Burger pickles, ♥lettuce, ♥tomatoes, &amp; cheese ♥Mouth Watering Corn ♥Seasoned Couscous ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>15 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Frito Lay Nacho Day Meat, Cheese, Salsa, Onions, ♥Peppers, ♥Tomatoes, ♥Black Olives, <u>Frito Lay Baked Scoop Chips</u> Spanish Rice Pilaf ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>16 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Pasta Bar w/ Cheese or Meat Sauce Rotini or Spaghetti ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Garlic Bread Sticks ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>17 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Chicken &amp; Biscuits ♥Gravy, Chicken, Biscuits ♥Mixed Vegetables ♥Cranberry Sauce ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>18 ♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>French Dip w/ Au Jus Thin Sliced Rst. Beef on French Bread ♥Roasted Red Potatoes ♥Seasoned Green Beans ♥Low Fat Ranch Dip ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>21</p> <p><b>No School</b></p>	<p>22</p> <p><b>No School</b></p>	<p>23</p> <p><b>No School</b></p>	<p>24</p> <p><b>No School</b></p>	<p>25</p> <p><b>No School</b></p>
<p>28</p> <p>Prices Regular Priced Breakfast, \$1.00 Reduced Priced Breakfast, \$.30 Middle School Regular Lunch, \$1.60 High School Regular Lunch, \$1.85 Vermont Farm Fresh Milk, \$.50 Assorted Juice Box, \$.35 Adult Lunch Price, \$3.00</p>	<p>29</p> <p><b>Local Vermont Day</b></p> <p>Vermont Baked Potato Bar ♥Yummy Vermont Potatoes Chili, Broccoli, Sour Cream, ♥Salsa, Cheese Sauce, Chives ♥Fresh Garden Tossed Salad ♥Vermont Maple Sundae ♥Vermont Farm Fresh Milk</p>	<p>30</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Cheesy Bread Sticks ♥Italian Marinara Sauce ♥Hearty Homemade Soup ♥Crunchy Vegetable Sticks ♥Creamy Ranch Dip ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>In Support of the Vermont agriculture community, The Abbey Group proudly directs it's purchasing efforts to include locally grown produce &amp; Vermont made products in our meal production in the cafeterias we manage.</p> <p>We proudly affiliate our efforts in our Nutritional Pursuits with The Vermont Feed Network and NOFA Organization.</p>	

Parents Wanted! Now accepting applications for the Food Service. Call Scott at the Abbey Group, 1-866-933-4205 x26 or online applications at [www.abbeygroup.net](http://www.abbeygroup.net)

If your income has changed for any reason, you may apply for free or reduced priced meals anytime. This information is strictly confidential!

Our menus are designed to meet the dietary guidelines of 30% or less fat from calories. This institution is an equal opportunity provider. Menus may change due to school closings without notice.