



**April 2010
Winooski High School**

This institution is an equal opportunity provider and employer.

Thurs., April 1

1/2 DAY

Bag Lunch Extravaganza

Ham or Turkey Grinder
Crisp Fresh Apple
Potato Chips
Fresh Baked Cookie
Farm Fresh Milk

Friday, April 2

1/2 DAY

Bag Lunch Extravaganza

Ham or Turkey Grinder
Crisp Fresh Apple
Potato Chips
Fresh Baked Cookie
Farm Fresh Milk

Prices

Breakfast

Paid \$0.85
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 information.

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
Steamed Corn
Low-fat Dessert

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

Holiday Meal

Roast Pork
Creamy Mashed Potato
Home-style Gravy
Seasoned Green Peas & Carrots
Homemade Wheat Dinner Roll
Spring Dessert

Farm Fresh Milk

Available Daily Meal Options

Hoagieville Deli
Zesty Pizza
Garden Fresh Salad Bar
Popular Express Lane
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

Chicken Scampi Pasta, Chicken & Broccoli

Chilled Mandarin Orange Cups
Wheat Dinner Rolls

Fresh Fruit
Farm Fresh Milk

Wed., April 14

Oven Baked Breaded Chicken

Seasoned Fries
Steamed Corn Dinner Roll
Happy Birthday Cake

Fresh Fruit
Farm Fresh Milk

Thurs., April 15

Localvore Day
Brunch For Lunch
Yummy Waffles
Scrambled Eggs w/
Real Syrup

Sweet & White Home fries
Baked Ham
Warm Apple Crisp

Fresh Fruit
Farm Fresh Milk

Friday, April 16

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!





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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

- Winooski School Garden
- Lewis Creek Farm
- Mazza Farm Stand
- Westminster Cracker Co.
- Sentinel Orchards
- Michaela's Salsa
- Champlain Orchard
- Cabot Cooperative
- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Vt. Country Farms
- McKenzie

Monday, April 19

New Mini Chicken Sliders

Homemade Mashed Potatoes w/ Gravy Seasoned Peas

Fresh Fruit
Farm Fresh Milk

Tuesday, April 20

Pasta Bar
Macaroni or Spaghetti
Meat & Cheese Sauce

Steamed Corn
Garlic Bread
Sticks

Fresh Fruit
Farm Fresh Milk

Wed., April 21

McKenzie Foot Long Hotdogs

Baked Beans
Cucumber Slices
Low-fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., April 22

Frito Lay Bowl
Taco W/ the Works
Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.

Spanish Rice
Creamy Coleslaw
Low-fat Dessert

Fresh Fruit
Farm Fresh

Friday, April 23

Chilled Tuna Boats
(Tuna in a Bun)

French Fries
Vegetable Sticks w/Ranch Dip

Fresh Fruit
Farm Fresh Milk

Available Daily Meal Options

Hoagieville Deli
Zesty Pizza
Garden Fresh Salad Bar
Popular Express Lane
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

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!