

WELCOME BACK



MENU FOR AUGUST 2010

Orwell Village School

This institution is an equal opportunity employer and provider

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.

Prices

Breakfast

Paid \$1.00
Reduced Free
Adult \$1.50

Lunch

Paid \$2.00
Reduced \$0.40
Adult \$3.25

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, Aug. 23	Tuesday, Aug. 24	Wed., Aug. 25	Thurs., Aug. 26	Friday, Aug 27
		1st Day of School Chicken Sandwich Served on Wheat Roll Oven Baked Potato Puffs Local Cherry Tomatoes w/Dip Fresh Fruit Farm Fresh Milk	Dress Your Own Burger on a Bun Lettuce, Tomato, Cheese, Onions & Pickle Pasta Salad w/ Local Vegetables Mouthwatering Corn Fresh Fruit Farm Fresh Milk	Freshly Made Pepperoni or Cheese Pizza Garden Salad Low-Fat Dressings Fruit Juice Shape Ups Fresh Fruit Farm Fresh Milk

Available Daily Meal Options

Hoagieville Deli Sandwich
 Garden Fresh Salad Bar
 Yogurt Parfait & String Cheese
 Vegetarian Options
OR
 Hot Entrée listed

The Abbey Group's meal options are prepared home-style daily with fresh local products!

Monday, Aug. 30	Tuesday, Aug. 31
Dress Your Own Hot Dog in a Bun (Ketchup, Mustard, Onions & Relish) Oven Baked Potato Puffs Baked Beans Chilled Fruit Cup Fresh Fruit Farm Fresh Milk	Hearty Chicken Noodle Soup w/Crackers Grilled Cheese Sandwich Garden Salad Low-Fat Dressings Low-Fat Dessert Fresh Fruit Farm Fresh Milk

BUY LOCAL

We support local New England Companies

- Cold Hollow Cider
- Sunrise Orchards
- Vt. Country Farms
- McKenzie
- Mazza Farm Stand
- Westminster Cracker Co.
- Sentinel Orchards
- Cabot Cooperative
- Champlain Orchards
- VT. Hydroponic Produce LLC



DAILY BREAKFAST OPTIONS

Mon: Combo Bars
Tues: Sausage & Cheese and Egg & Cheese Muffins
Wed: Healthy Breakfast Pizza
Thurs: Sausage & Cheese Bagels and Ham & Cheese Bagels
Friday: Breakfast Buns & Scrambled Eggs

**Cereal w/English Muffin, Bagels, Muffins, Fruit, Milk and 100% Juice offered EVERYDAY!

WELCOME BACK



MENU FOR SEPTEMBER 2010

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Wed., Sept. 1

Taco Bar
W/ the Works
Ground Beef, Lettuce,
Tomato, Peppers, Salsa,
Cabot Sour Cream,
Shredded Cheese
Crispy Corn Shell

Spanish Rice
Creamy Coleslaw

Fresh Fruit
Farm Fresh Milk

Thurs., Sept. 2

Chicken Caesar
Salad
Romaine, Chicken,
Croutons & Creamy Caesar
Dressing

Chilled Fruit Cup
Homemade Dinner
Roll

Fresh Fruit
Farm Fresh Milk

Friday, Sept. 3

Freshly Made
Pepperoni or
Cheese Pizza

Garden Salad
Low-Fat Dressings
Applesauce Cup
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

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Garden Fresh Salad Bar
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Vegetarian Options
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Monday, Sept. 6

Labor Day



**NO
SCHOOL**

Tues., Sept. 7

Fun Shaped
Fish Nuggets
Tarter Sauce

French Fries
Fresh Cucumber
Sticks w/Ranch
Dressing
Wheat Dinner Roll

Fresh Fruit
Farm Fresh Milk

Wed., Sept. 8

Chicken & Cheese
Fajitas
Cabot Sour Cream, Salsa
& Soft Flour Tortilla

Brown Rice Pilaf
Steamed Corn
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., Sept. 9

Brunch for Lunch
Pancakes or
Waffles
w/Maple Syrup

Local Potato
Wedges
Sausage Links
Chilled Fruit Cups
Warm Fruit Crisp

Fresh Fruit
Farm Fresh Milk

Friday, Sept. 10

Freshly Made
Pepperoni or
Cheese Pizza

Vegetable Sticks
w/ Ranch Dip
Fresh Watermelon
Slice

Fresh Fruit
Farm Fresh Milk

DAILY BREAKFAST OPTIONS

Mon: Combo Bars
Tues: Sausage & Cheese and Egg
& Cheese Muffins
Wed: Healthy Breakfast Pizza
Thurs: Sausage & Cheese Bagels
and Ham & Cheese Bagels
Friday: Breakfast Buns & Scrambled
Eggs

**Cereal w/English Muffin,
Bagels, Muffins, Fruit,
Milk and 100% Juice offered
EVERYDAY!

Monday, Sept. 13	Tues., Sept. 14	Wed., Sept. 15	Thurs., Sept. 16	Friday, Sept. 17
<p>Baked Chicken Nuggets With Dipping Sauce</p> <p>Rice Pilaf Fresh Oven Baked Zucchini Sticks Wheat Dinner Roll</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Homemade Goulash Beef, Red Sauce, Pasta</p> <p>Side Caesar Salad Homemade Garlic Bread Sticks</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Homemade Chicken Ranch Double Decker Chicken, Cheese, Ranch & Dough</p> <p>Carrot & Celery Sticks w/Dip Chilled Fruit Cups Happy Birthday Cake</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Chinese Fried Rice Meat, Rice, Eggs & Veggies</p> <p>Steamed Broccoli Mandarin Orange Cups Fruit Muffin Squares</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Freshly Made Pepperoni or Cheese Pizza</p> <p>Garden Salad Low-Fat Dressings Jell-o w/Fruit Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>
Monday, Sept. 20	Tues., Sept. 21	Wed., Sept. 22	Thurs., Sept. 23	Friday, Sept. 24
<p>Italian Style Meatball Sub</p> <p>Piping Hot Local Baked Potato Steamed Broccoli</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Creamy Mac & Cheese Cornbread Squares</p> <p>Cauliflower, Broccoli & Carrots Mixed Fruit Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Harvest Luncheon Vermont Baked Potato Bar Seasoned Beef, Steamed Broccoli, Cabot Sour Cream, Fresh Chives, Homemade Cheese Sauce Local Greens dressed w/ Fresh Apples, Dried Cherries & maple Vinaigrette Hearty Oatmeal Bread Fresh Baked VT. Apples Farm Fresh Milk</p>	<p>Nachos Supreme Meat & Cheese Salsa, Peppers, Tomatoes, Black Olives & Cabot Sour Cream</p> <p>Spanish Rice Seasoned Corn Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Freshly Made Pepperoni or Cheese Pizza</p> <p>Garden Salad Low-Fat Dressings Chilled Fruit Cup</p> <p>Fresh Fruit Farm Fresh Milk</p>
Monday, Sept. 27	Tues., Sept. 28	Wed., Sept. 29	Thurs., Sept. 30	
<p>Dress Your Own Burger on a Bun Lettuce, Tomato, Cheese, Onions & Pickle</p> <p>Pasta Salad w/ Fresh Veggies Mouthwatering Corn</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Spaghetti w/ Meat Sauce or Marinara</p> <p>Seasoned Carrots Chilled Fruit Cup Garlic Bread Sticks</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Homemade Cheesy Bread Sticks</p> <p>Vegetable Soup Garden Salad Low-Fat Dressings Marinara Dipping Sauce</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Ham & Cheese Double Decker Ham, Cheese & Dough</p> <p>Savory Rice Pilaf Garden Tossed Salad Low-fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	

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