

WELCOME BACK



MENU FOR AUGUST 2010

Rutland Town 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 \$3.00

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, 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 French Fries Fresh Cherry Tomatoes w/Dip Fresh Fruit Farm Fresh Milk	Dress Your Own Burger on a Bun Lettuce, Tomato, Cheese, Onions & Pickle Pasta Salad w/ Fresh Vegetables Mouthwatering Corn Fresh Baked Brownies 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 Fresh Fruit Farm Fresh Milk	Ham & Cheese Double Decker Ham, Cheese & Dough Garden Salad Low-Fat Dressings Fresh Juicy Watermelon Low-Fat Dessert Fresh Fruit Farm Fresh Milk

BUY LOCAL

We support local New England Companies

Russell Farm
 Mazza Farm Stand
 Westminster Cracker
 Sentinel Orchards
 Cabot Cooperative
 Champlain Orchards
 Cold Hollow Cider
 Sugarbush Gardens & Maple Products
 VT. Country Farms
 McKenzie
 VT. Hydroponic Produce LLC



DAILY BREAKFAST OPTIONS

Mon: French Toast Sticks w/ syrup
Tues: Scrambled Egg or Hardboiled Egg w/Hash Brown & English Muffin
Wed: Healthy Breakfast Pizza
Thurs: Sausage & Cheese English Muffin and Ham & Cheese Bagels
Friday: Breakfast Buns & Scrambled Eggs
Daily: Cold and Hot Cereal w/English Muffin, Asst. Bagels w/Cream Cheese, Fruit Muffins, Fresh Fruit, Juice and Farm Fresh MILK EVERYDAY!

WELCOME BACK



MENU FOR SEPTEMBER 2010

Rutland Town School

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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
Blueberry Crisp

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
Yogurt Parfait & String Cheese
Vegetarian Options
OR
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Monday, Sept. 6

Labor Day



**NO
SCHOOL**

Tues., Sept. 7

Grilled Ham &
Cheese
Sandwich

Garden Minestrone
Soup
Veggie Sticks w/
Ranch Dip

Fresh Fruit
Farm Fresh Milk

Wed., Sept. 8

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

Brown Rice Pilaf
Seasoned Carrots
Joan's Famous Cookies

Fresh Fruit
Farm Fresh Milk

Thurs., Sept. 9

Brunch for Lunch
Waffles w/
Maple Syrup

Hash Browns
Sausage Links
Fruit Cups
Warm Fruit Crisp

Fresh Fruit
Farm Fresh Milk

Friday, Sept. 10

Freshly Made
Pepperoni or
Cheese Pizza

Vegetable Sticks
w/ Ranch Dip
Sweet Dried
Cherries

Fresh Fruit
Farm Fresh Milk

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Mon: French Toast Sticks w/ syrup
Tues: Scrambled Egg or Hardboiled Egg
w/Hash Brown & English Muffin
Wed: Healthy Breakfast Pizza
Thurs: Sausage & Cheese English Muffin
and Ham & Cheese Bagels
Friday: Breakfast Buns & Scrambled
Eggs
Daily: Cold and Hot Cereal w/English
Muffin, Asst. Bagels w/Cream Cheese, Fruit
Muffins, Fresh Fruit, Juice and Farm Fresh
Milk 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 Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Spaghetti w/ Meat or Marinara Sauce</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 Blueberry Muffins</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</p> <p>Fresh Fruit Farm Fresh Milk</p>
Monday, Sept. 20	Tues., Sept. 21	Wed., Sept. 22	Thurs., Sept. 23	Friday, Sept. 24
<p>Local Spaghetti Squash w/ Marinara Sauce & Meatballs</p> <p>Garden Salad Low-Fat Dressings Garlic Bread Sticks Assorted Popsicles</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Creamy Mac & Cheese Cornbread Squares</p> <p>Cauliflower, Broccoli & Carrots Mixed Fruit</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>Grilled Hot Dog In a Bun Ketchup, Mustard, Relish & Onions</p> <p>Pasta Salad w/ Fresh Veggies Baked Beans</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Pasta Bar Rotini or Spaghetti Meat Sauce or Homemade Cheese Sauce</p> <p>Garden Salad Low-Fat Dressing Garlic Bread Sticks</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Homemade Cheesy Bread Sticks</p> <p>Vegetable Soup Garden Salad Marinara Dipping Sauce</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>BBQ Pork Rib Sandwich on Wheat Roll</p> <p>Oven Baked French Fries Creamy Coleslaw Sugar Cookies</p> <p>Fresh Fruit Farm Fresh Milk</p>	

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Westminster Cracker
Sentinel Orchards
Cabot Cooperative
Champlain Orchards
Cold Hollow Cider
Sugarbush Gardens & Maple Products
VT. Country Farms
McKenzie
VT. Hydroponic Produce LLC

