

Daily Alternatives

Villa Augustina School

December 2008



Monday

Tuesday

Wednesday

Thursday

Friday

Hoagieville Deli Sandwich
Garden Fresh Chef Salad
Cabot Yogurt
Vegetarian Options Daily

1
Oven Baked Chicken Sandwich
♥Lettuce, Tomato, Pickles
♥Rice with Seasonal Veggies
♥Crunchy Vegetables and Dip
♥Homemade Healthy Dessert
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

2
Turkey Cheddar Wrap
♥Juicy Sliced Pickles
♥Garden Pasta Salad
♥Crunchy Vegetable Sticks & Dip
♥Homemade Healthy Dessert
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

3
Nachos Supreme
Meat, Cheese, Salsa, Onions,
♥Peppers, ♥Tomatoes, ♥Black Olives,
Sour Cream, and Nacho Chips
♥Rice & Hot Vegetable
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

4
♥Chicken Alfredo
♥Chicken, Pasta, Cheese
♥Steamed Broccoli
♥Fruit Cups
♥Whole Wheat Dinner Roll
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

5
Italian Style Calzones
♥Pepperoni or Cheese
♥Marinara Dipping Sauce
♥Fresh Garden Tossed Salad
♥Homemade Healthy Dessert
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

New England Corner

This month we have
Potatoes, Crackers
Winter Squash, Apples
and Yogurt
Please contact us if you have
local products
that we could add to our menu.

8
Homemade Lasagna
♥Fresh Garden Tossed Salad
♥Assorted Low Fat Dressings
Warm Garlic Bread Sticks
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

9
Oven Baked Chicken Nuggets
♥Ranch Fiesta Rice Pilaf
♥Crunchy Vegetables
♥Creamy Ranch Dip
♥Whole Wheat Dinner Roll
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

10
Cheesy Bread Sticks
♥Italian Marinara Sauce
♥Hearty Homemade Soup
♥Seasoned Vegetables
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

11
Dress Your Own Burger
pickles, ♥lettuce, ♥tomatoes, & cheese
♥Mouth Watering Corn
♥Seasoned Potato Wedges
♥Happy Birthday Decemberites
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

12
Pepperoni or Chef's Specialty Pizza
♥Fresh Garden Tossed Salad
♥Assorted Low Fat Dressings
♥Chilled Applesauce Cups
♥Homemade Healthy Dessert
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

For Healthy Eating Tips
www.mypyramid.gov

15
Dress Your Own Hot Dog on a Bun
(onions, ketchup, mustard & relish)
♥Homemade Potato Wedges
♥Eye-Catching Corn
♥Homemade Healthy Dessert
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

16
Taco Bar w/ the Works!
Lettuce, Tomato, Cheese
Cabot Sour Cream, Salsa, Peppers
♥Spanish Rice
♥Fresh Homemade Coleslaw
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

17
Holiday Luncheon
Glazed Baked Ham
Creamy Mashed Potatoes
Mouthwatering Gravy
Brilliant Green Peas
Homemade Dinner Rolls
Special Holiday Dessert
♥Farm Fresh Milk

18
Hearty Homemade Soup
Grilled Cheese Sandwich
♥Westminster Crackers
♥Veggie Sticks & Dip
♥Plump Raisins
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

19
Italian Style Calzones
♥Pepperoni or Cheese
♥Marinara Dipping Sauce
♥Fresh Garden Tossed Salad
♥Homemade Healthy Dessert
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

Daily Breakfast Options
Mon., Egg and Cheese Muffins
Tues., Ham & Cheese Bagels
Wed., Combo Bars
Thurs., Sausage Muffins
Fri., Cinnamon Buns
Cereal, Bagels, Muffins, Fruit,
Milk and Juice offered daily

22
Italian Spaghetti
♥Meat & Meatless Sauce
♥Steamed Broccoli
Warm Garlic Bread
♥Homemade Healthy Dessert
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

23
Breakfast for Lunch
Waffles with warm Syrup
♥Sausage Links
♥Oven Baked Homefries
♥Homemade Fruit Crisp
♥Assorted Juice or ♥Fresh Fruit
♥Farm Fresh Milk

24
No School

25
No School

26
No School

Prices
Regular Priced Breakfast, \$1.25
Reduced Priced Breakfast, \$.00
Regular Priced Lunch, \$2.50
Reduced Priced Lunch, \$.40
Vermont Farm Fresh Milk, \$.50
Assorted Juice Box, \$.50
Adult Lunch Price, \$3.25

29
No School

30
No School

31
No School

www.abbeygroup.net
comments@abbeygroup.net

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
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.