



January
2010

**Barre
Town
School**

This institution is an equal opportunity provider and employer



Prices	
Breakfast	
Paid	\$0.85
Reduced	Free
Adult	\$1.50
Lunch	
Paid	\$2.00
Reduced	\$0.40
Adult	\$3.00
Milk	\$0.50

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.

Friday, Jan. 1



**NO
SCHOOL**

Available Daily Meal Options

Hoagieville Deli

Garden Fresh Salad Bar

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, Jan. 4

Teriyaki
Chicken Breast
Homemade
Wheat Roll

Potato Wedges
Glazed Carrots

Fresh Fruit
Farm Fresh Milk

Tuesday, Jan. 5

Home Style
Macaroni &
Cheese

Steamed Broccoli
Chilled Fruit Cups
Dinner Roll
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 6

Taco Bar
W/ the Works
Lettuce, Tomato, Peppers,
Salsa, Sour Cream & Cheese.

Spanish Rice
Creamy Coleslaw
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thursday, Jan. 7

Baked Potato
Bar
Seasoned Beef, Bacon Bits,
Cheese Sauce, Broccoli,
Sour Cream & Chives

Caesar Salad
Homemade
Wheat Rolls

Fresh Fruit
Farm Fresh Milk

Friday, Jan. 8

Freshly Made
Pepperoni &
Cheese Pizza

Garden Salad
Low Fat Dressings
Jell-O with Fruit

Fresh Fruit
Farm Fresh Milk

Daily Breakfast Options

Mon: Combo Bar
Tues: Ham & Cheese Bagel
Wed: Egg & Cheese Sandwich
Thurs: Sausage & Cheese Muffin
Friday: Cinnamon Buns

**Cereal, Bagels, Fruit Filled Muffins, Fresh Fruit, Milk and Juice

Monday, Jan. 11

Spaghetti
Meat & Marinara
Sauce

Garden Salad
Low-fat Dressing
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Tuesday, Jan. 12

Beef & Bean
Burrito
Sour Cream & Salsa

Steamed White Rice
Roasted Zucchini
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 13

Pancakes w/
Warm Syrup

Baked Hash brown
Sausage Links
Fruit Cups

Fresh Fruit
Farm Fresh Milk

Thurs., Jan. 14

Hearty
Tomato
Soup w/ Crackers

Grilled Ham &
Cheese
Garden Salad
Happy Birthday Cake

Fresh Fruit
Farm Fresh Milk

Friday, Jan. 15

Freshly Made
Pepperoni &
Cheese Pizza

Vegetable Sticks
Hummus Dip
Fruit Cups

Fresh Fruit
Farm Fresh Milk



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**Barre
Town
School**

Looking for a job
that lets you be
at home when
your family
needs you
there?

**Come
join
our
team!**

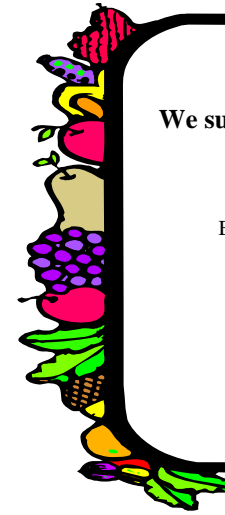


Call today for
more
information.
866-933-4205
X24

BUY LOCAL

We support local New England
Companies

- Food Works
- Barre Town School Garden
- Westminster Cracker Co.
- Green Mtn. Coffee
- Sentinel Orchards
- Cabot Cooperative
- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Vt. Country Farms
- McKenzie



Available Daily Meal Options

Hoagieville Deli

Garden Fresh Salad Bar

Cabot Yogurt & String Cheese

Vegetarian Options
OR
Hot Entrée listed

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Monday, Jan. 18

**NO
SCHOOL**



Tuesday, Jan. 19

**Homemade
Goulash**

Beef, Red Sauce, Pasta

Side Caesar Salad
Homemade
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 20

**Ham & Cheese
Baked Omelet**

Baked Tater Tots
Fruit Soup
Peach Cobbler

Fresh Fruit
Farm Fresh Milk

Thurs., Jan. 21

Localvore Day
Vermont Burger
w/all the fixings

Sweet Potato
Fries
Applesauce Cups
Chocolate Pudding
Cake
Fresh Fruit

Farm Fresh Milk

Friday, Jan. 22

**Freshly Made
Pepperoni &
Cheese Pizza**

Garden Salad
Low Fat Dressings
Fruit Shape Ups

Fresh Fruit
Farm Fresh Milk

Daily Breakfast Options

- Mon:** Combo Bar
- Tues:** Ham & Cheese Bagel
- Wed:** Egg & Cheese Sandwich
- Thurs:** Sausage & Cheese Muffin
- Friday:** Cinnamon Buns

**Cereal, Bagels, Fruit Filled
Muffins, Fresh Fruit, Milk and Juice

Monday, Jan. 25

**Fun Shaped
Fish Nuggets
Tarter Sauce**

Mashed Potatoes
Green Peas
Wheat Dinner Roll

Fresh Fruit
Farm Fresh Milk

Tuesday, Jan. 26

Pasta Bar
Macaroni or Spaghetti
Meat & Cheese Sauce

Garden Salad
Low-Fat Dressing
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 27

**Turkey Bacon
Wrap**
(Lettuce, Tomato &
Cheese)

Pasta Salad
w/Chopped
Veggies
Chilled Fruit Cup

Fresh Fruit
Farm Fresh Milk

Thurs., Jan. 28

Nachos Supreme
Meat & Cheese
Salsa, Peppers, Tomatoes,
Black Olives & Sour Cream

Spanish Rice
Creamy Cole Slaw
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Friday, Jan. 29

**Homemade
Cheesy Bread
Sticks**

Hearty
Vegetable Soup
Garden Salad
Marinara Dipping Sauce

Fresh Fruit
Farm Fresh Milk