



January 2010

Fair Haven Grade School

This institution is an equal opportunity provider and employer

Prices	
Breakfast	
Paid	\$0.85
Reduced	Free
Adult	\$1.50
Lunch	
Paid	\$1.75
Reduced	\$0.40
Adult	\$3.00
Milk	\$0.50



Visit our website: www.abbeygroup.net/foodserve.htm
to access school menus, online pre-pay and food policy statements.

Friday, Jan. 1

HAPPY NEW YEAR

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

Chicken Patty
Or
BBQ Pork Patty
Served on a Roll

Potato Wedges
Glazed Carrots
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Tuesday, Jan. 5

Hamburger
Deluxe Or
Open Face Hot
Turkey Sandwich

Mashed Potato
Steamed Broccoli
Chilled Fruit Cup

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 6

Chicken Nuggets
Or
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

Nachos
Or
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

Hot Dog
Or
Freshly Made
Pepperoni &
Cheese Pizza

Garden Salad
Low Fat Dressings
Jell-O with Fruit

Fresh Fruit
Farm Fresh Milk



Daily Breakfast Options

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

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

Monday, Jan. 11

Chicken Patty
Or
Spaghetti
Meat & Marinara
Sauce

Garden Salad
Low-fat Dressing
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Tuesday, Jan. 12

Hamburger
Deluxe Or
Chicken & Cheese
Quesadillas
Sour Cream & Salsa

Steamed White Rice
Roasted Zucchini
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 13

Chicken Nuggets
Or
Pancakes w/
Warm Syrup

Baked Hash brown
Sausage Links
Fruit Cups

Fresh Fruit
Farm Fresh Milk

Thurs., Jan. 14

Nachos
Or
Hearty
Chicken Noodle
Soup w/ Crackers

Grilled Cheese
Garden Salad

Fresh Fruit
Farm Fresh Milk

Friday, Jan. 15

Hot Dog
Or
Freshly Made
Pepperoni &
Cheese Pizza

Vegetable Sticks
Hummus Dip
Fruit Cups

Fresh Fruit
Farm Fresh Milk



January
2010

**Fair Haven
Grade
School**

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

**Come
join
our
team!**

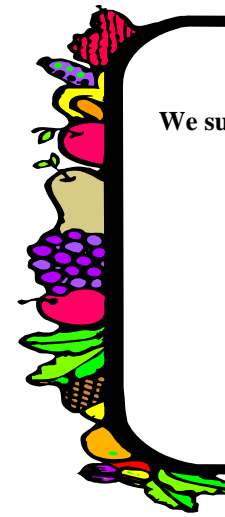


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more
information.
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X24

BUY LOCAL

We support local New England
Companies

- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Vt. Country Farms
- McKenzie
- Mazza Farm Stand
- Westminster Cracker Co.
- Sentinel Orchards
- Cabot Cooperative
- Champlain Orchards
- New England Coffee



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. 18

**NO
SCHOOL**



Tuesday, Jan. 19

**Hamburger
Deluxe Or
Homemade
Goulash**

Beef, Red Sauce, Pasta

**Side Caesar Salad
Homemade
Garlic Bread Sticks**

**Fresh Fruit
Farm Fresh Milk**

Wed., Jan. 20

**Chicken Nuggets
Or
Ham & Cheese
Melt on a Bagel**

**Baked Tater Tots
Green Beans
Low-Fat Dessert**

**Fresh Fruit
Farm Fresh Milk**

Thurs., Jan. 21

**Nachos Or
*Localvore Day***

**McKenzie Hotdogs
With all the fixings**

**Cabot Mac & Cheese
Vegetable Sticks
Warm Apple Sauce
Cup with New
England Apples &
Cinnamon
Farm Fresh Milk**

Friday, Jan. 22

**Hot Dog
Or
Freshly Made
Pepperoni &
Cheese Pizza**

**Garden Salad
Low Fat Dressings
Fruit Shape Ups**

**Fresh Fruit
Farm Fresh Milk**

Daily Breakfast Options

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

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

Monday, Jan. 25

**Chicken Patty
Or
Fun Shaped
Fish Nuggets
Tarter Sauce**

**Mashed Potatoes
Green Peas
Wheat Dinner Roll**

**Fresh Fruit
Farm Fresh Milk**

Tuesday, Jan. 26

**Hamburger
Deluxe Or
Pasta Bar
Macaroni or Spaghetti
Meat & Cheese Sauce**

**Garden Salad
Low-Fat Dressing
Garlic Bread Sticks**

**Fresh Fruit
Farm Fresh Milk**

Wed., Jan. 27

**Chicken Nuggets
Or
Hearty
Homemade
Turkey Potpie**

**Mixed Vegetables
Cranberry Sauce
Low-Fat Dessert**

**Fresh Fruit
Farm Fresh Milk**

Thurs., Jan. 28

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

**Spanish Rice
Creamy Cole Slaw
Happy Birthday Cake**

**Fresh Fruit
Farm Fresh Milk**

Friday, Jan. 29

**EARLY RELEASE
Hot Dog
Or
Freshly Made
Pepperoni &
Cheese Pizza**

**Garden Salad
Low Fat Dressings
Jell-O with Fruit**

**Fresh Fruit
Farm Fresh Milk**