



January  
2010

**Grand Isle  
Elementary  
School**

This institution is an equal opportunity provider and employer

Prices	
Breakfast	
Paid	\$1.00
Reduced	Free
Adult	\$1.10
Lunch	
Paid	\$1.75
Reduced	\$0.40
Adult	\$3.00
Milk	\$0.50



Visit our website: [www.abbeygroup.net/foodserve.htm](http://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  
Served on Wheat  
Roll**

**Potato Wedges  
Glazed Carrots**

**Fresh Fruit  
Farm Fresh Milk**

**Tuesday, Jan. 5**

**Chicken  
Teriyaki  
Stir Fried Rice**

**Steamed Broccoli  
Chilled Fruit Cups  
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**

**Chicken & Cheese  
Quesadillas  
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  
Chicken Noodle  
Soup w/ Crackers**

**Grilled Cheese  
Garden Spinach  
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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**Grand Isle  
Elementary  
School**

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

**Come  
join  
our  
team!**

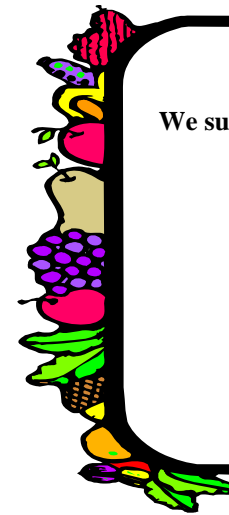


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866-933-4205  
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**BUY LOCAL**

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Companies

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- Cold Hollow Cider
- Hackett's Orchard
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- Westminster Cracker
- Sunrise Orchards
- Pomykala Farm
- Sentinel Orchards
- Cabot Cooperative
- 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  
Cucumber Slices  
Homemade  
Garlic Bread Sticks

Fresh Fruit  
Farm Fresh Milk

**Wed., Jan. 20**

**Ham & Cheese  
Melt on a Wheat  
Bagel**

Baked Tater Tots  
Green Beans  
Low-Fat Dessert

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**

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

Pasta Salad  
w/Chopped  
Veggies  
Chilled Fruit Cup

Fresh Fruit  
Farm Fresh Milk

**Tuesday, Jan. 26**

**Home Style  
Macaroni &  
Cheese**

Garden Salad  
Low-Fat Dressing  
Garlic Bread Sticks  
Raisins

Fresh Fruit  
Farm Fresh Milk

**Wed., Jan. 27**

**Hearty  
Homemade  
Chicken & Biscuits**

Mixed Vegetables  
Cranberry Sauce  
Low-Fat Dessert

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