



January
2010

**Jamaica
Village
School**

This institution is an equal opportunity provider and employer



Prices	
Breakfast	
Paid	\$1.00
Reduced	Free
Adult	\$1.25
Lunch	
Paid	\$1.75
Reduced	\$0.40
Adult	\$3.25
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 Sandwich
Garden Fresh Chef Salad
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
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Tuesday, Jan. 5

Creamy
Chicken Alfredo
Chicken, Pasta, Cheese

Steamed Broccoli
Chilled Fruit Cups
Fruit Muffins

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 6

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

Spanish Rice
Creamy Coleslaw
Happy Birthday Cake

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: Egg & Cheese Muffin
Tues: French Toast Sticks
Wed: Pancakes & Sausage
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

French Toast
Casserole
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
Sandwich
Garden Salad

Fresh Fruit
Farm Fresh Milk

Friday, Jan. 15

Freshly Made
Pepperoni &
Cheese Pizza

Vegetable Sticks
Hummus Dip
Fruit Cups

Fresh Fruit
Farm Fresh Milk



January
2010

**Jamaica
Village
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

- Saputo Cheese Co.
- Grafton Village Cheese Co.
- Norman Flynn Maple Syrup
- Vt. Country Farms
- McKenzie
- Cortland Orchards
- Dutton Farm
- Deer Ridge Farm
- Windham Farm to School Distribution
- Fertile Fields
- Green Mtn. Orchard
- Harlow Farm
- Jamaica Village Store



Available Daily Meal Options

Hoagieville Deli Sandwich
Garden Fresh Chef Salad
Cabot Yogurt & String Cheese
Ala Carte Specials
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



**NO
SCHOOL**

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
McKenzie Hotdogs
With all the fixings

Grafton Mac & Cheese
Vegetable Sticks

Warm Apple Sauce
Cup with New
England Apples &
Cinnamon

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:** Egg & Cheese Muffin
- Tues:** French Toast Sticks
- Wed:** Pancakes & Sausage
- 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

Hearty
Homemade
Chicken Potpie

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

Vegetable Soup
Garden Salad
Marinara Dipping Sauce

Fresh Fruit
Farm Fresh Milk