



January
2010

**Leland &
Gray Union
High School**

This institution is an equal opportunity provider and employer



Prices	
Breakfast	
Paid	\$1.00
Reduced	Free
Adult	\$1.50
Lunch	
Paid	\$2.50
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
Zesty Pizza
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

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

Spanish Rice
Creamy Coleslaw
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

**Dress Your Own
Burger**
(Lettuce, Tomato,
Pickles & Cheese)

Oven Baked
French Fries
Veggie Sticks
w/Dip

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

**Italian Style
Calzones**
Pepperoni, Ham & Veggie

Garden Salad
Low-fat Dressing
Jell-O with Fruit

Fresh Fruit
Farm Fresh Milk

Daily Breakfast Options

Mon: Ham & Cheese Bagel
Tues: Egg & Cheese Sandwich
Wed: Combo Bar
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

**Pancakes w/
Topping Bar**
(Warm Syrup,
Strawberries,
Whipped Cream)

Baked Hash
Brown
Sausage Links
Fruit Cups

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 13

**Chicken & Cheese
Quesadillas**
Sour Cream & Salsa

Steamed White Rice
Roasted Zucchini
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., Jan. 14

**Hearty
Chicken Noodle
Soup w/ Crackers**

Grilled Cheese
Garden Salad
Happy Birthday Cake

Fresh Fruit
Farm Fresh Milk

Friday, Jan. 15

**Homemade
Savory Meatloaf
w/ Gravy**

Mashed Potatoes
Green Peas
Wheat Dinner
Rolls

Fresh Fruit
Farm Fresh Milk



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**Leland &
Gray Union
High School**

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

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join
our
team!**

Call today for
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
- Cortland Orchards
- Dutton Farm
- Deer Ridge Farm
- Windham Farm to School Distribution
- Fertile Fields
- Green Mtn. Orchard
- Harlow Farm
- Picadilly Farm

Available Daily Meal Options

Hoagieville Deli
Zesty Pizza
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

**NO
SCHOOL**

Wed., Jan. 20

Oven Baked
Chicken Patty
Sandwich

Baked Tater Tots
Veggie Sticks
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., Jan. 21

Localvore Day

Sweet Italian
Sausage w/
Onions and Peppers

Cabot Mac & Cheese
Vegetable Sticks

Warm Apple Sauce
Cup with New
England Apples &
Cinnamon

Friday, Jan. 22

Beef & Cheese
Enchiladas

Spanish Rice
Seasoned Black Beans
Sour Cream & Salsa

Fresh Fruit
Farm Fresh Milk

Daily Breakfast Options

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

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

Monday, Jan. 25

Hearty
Homemade
Chicken & Biscuits

Mixed Vegetables
Cranberry Sauce
Low-Fat Dessert

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

Dockside
Fish Sandwich

Oven Baked
French Fries
Veggie Sticks
w/Ranch Dip

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