



# January 2010

**Black River  
High /Ludlow  
Elementary**

This institution is an equal opportunity provider and employer



Prices	
Breakfast	
Paid	\$1.00
Reduced	Free
Adult	\$1.25
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](http://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  
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

BBQ Rib Sandwich

Pasta Salad  
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

Chicken Patty  
Served on Wheat Roll

Potato Wedges  
Crunchy Veggie Sticks w/Dip  
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

Oven Baked Fish Sticks

Creamy Tarter Sauce  
Garden Salad  
Low-Fat Dressing  
Fruit Cup  
Cookies

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 & Cheese Quesadillas  
Sour Cream & Salsa

Steamed White Rice  
Roasted Zucchini  
Low-Fat Dessert

Fresh Fruit  
Farm Fresh Milk

### Tuesday, Jan. 12

Spaghetti Meat & Marinara Sauce

Garden Salad  
Low-Fat Dressing  
Garlic Bread Sticks

Fresh Fruit  
Farm Fresh Milk

### Wed., Jan. 13

Italian Meatball Sub

1/2 Baked Potato  
Crunchy Veggie Sticks w/Dip  
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



January  
2010

**Black River  
High/Ludlow  
Elementary**

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that lets you be  
at home when  
your family  
needs you  
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- Saputo Cheese Co.
- Cold Hollow Cider
- Cortland Orchards
- Dutton Farm
- Deer Ridge Farm
- Windham Farm to School Distribution
- Fertile Fields
- Green Mtn. Orchard
- Harlow Farm
- Picadilly Farm
- Sunrise Orchards
- Vt. Country Farms
- McKenzie



**Available Daily Meal Options**

Hoagieville Deli Sandwich  
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. 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

Cabot Mac & Cheese  
Vegetable Sticks

Warm Apple Sauce  
Cup with New  
England Apples &  
Cinnamon

Farm Fresh Milk

**Friday, Jan. 22**

Beef & Cheese  
Enchiladas

Spanish Rice  
Seasoned Black Beans  
Sour Cream & Salsa

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**

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**

Dress Your Own  
Burger  
Ketchup, Mustard,  
Onions & Relish

Seasoned Potato  
Wedges  
Cucumber Sticks  
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