



January  
2010

**Molly Stark**

This institution is an equal opportunity provider and employer



Prices	
Breakfast	
Paid	\$1.00
Reduced	Free
Adult	\$1.50
Lunch	
Paid	\$1.75
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

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  
Chocolate Chip  
Cookies

Fresh Fruit  
Farm Fresh Milk

**Tuesday, Jan. 5**

Hot Turkey  
Sandwich served  
over wheat bread

Steamed Broccoli  
Chilled Fruit Cups  
Cranberry

Fresh Fruit  
Farm Fresh Milk

**Wed., Jan. 6**

Soft 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**

Hearty  
Chicken Noodle  
Soup w/ Crackers

Grilled Cheese  
Garden Salad

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:** Combo Bar  
**Wed:** Ham & Cheese Bagel  
**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  
Chocolate Mousse

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**

Freshly Made  
Pepperoni &  
Cheese Pizza

Vegetable Sticks  
Hummus Dip  
Fruit Cups  
Happy Birthday Cake

Fresh Fruit  
Farm Fresh Milk

**Friday, Jan. 15**

Potato Wedges w/  
Seasoned Beef, Bacon Bits,  
Cheese Sauce, Broccoli,  
Sour Cream & Chives

Caesar Salad  
Homemade  
Wheat Rolls

Fresh Fruit  
Farm Fresh Milk



January  
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**Molly  
Stark**

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



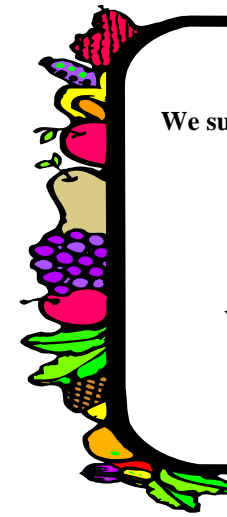
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**BUY LOCAL**

We support local New England  
Companies

- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Mighty Food Farm
- Green River Produce
- Youth Horticultural Group
- MAUHS
- Cabot Cooperative
- Westminster Crackers
- 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  
Homemade  
Garlic Bread Sticks**

**Fresh Fruit  
Farm Fresh Milk**

**Wed., Jan. 20**

**Chicken Fajitas  
w/ Salsa and  
Veggies**

**Baked Tater Tots  
Green Beans  
Heath Bars**

**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**

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

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

**Monday, Jan. 25**



**NO  
SCHOOL**

**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  
Turkey Potpie**

**Mixed Vegetables  
Cranberry Sauce  
Jello w/fruit**

**Fresh Fruit  
Farm Fresh Milk**

**Thurs., Jan. 28**

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

**Spanish Rice  
Creamy Cole Slaw  
Trail Mix**

**Fresh Fruit  
Farm Fresh Milk**

**Friday, Jan. 29**

**Homemade  
Cheesy Bread  
Sticks**

**Vegetable Soup  
Garden Salad  
Marinara Dipping Sauce**

**Fresh Fruit  
Farm Fresh Milk**