



January
2010

**Orwell
Village
School**

This institution is an equal opportunity provider and employer

Prices	
Breakfast	
Paid	\$1.00
Reduced	Free
Adult	\$1.50
Lunch	
Paid	\$2.00
Reduced	\$0.40
Adult	\$3.25
Milk	\$0.50



Visit our website: 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
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
Low-Fat Dessert**

**Fresh Fruit
Farm Fresh Milk**

Thursday, Jan. 7

**Baked Potato
Bar**
Seasoned Beef, Bacon Bits,
Cheese Sauce, Broccoli,
Sour Cream & Chives

**Garden 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: 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

**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
Garden 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**



January
2010

**Orwell
Village
School**

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

**Come
join
our
team!**

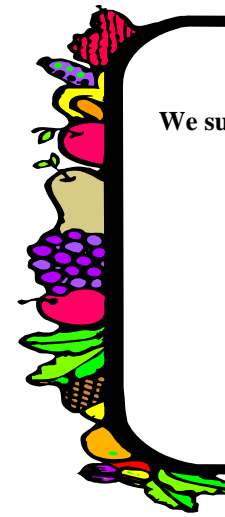


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more
information.
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X24

BUY LOCAL

We support local New England
Companies

- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Vt. Country Farms
- McKenzie
- Mazza Farm Stand
- Westminster Cracker Co.
- Sentinel Orchards
- Cabot Cooperative
- Champlain Orchards
- New England Coffee



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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

**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

**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:** 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

**Hearty
Homemade
Turkey 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

EARLY RELEASE
**Homemade
Cheesy Bread
Sticks**

**Vegetable Soup
Garden Salad
Marinara Dipping Sauce**

**Fresh Fruit
Farm Fresh Milk**