



January
2010

**Proctor
High
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	\$3.00
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

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

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

Roasted Red Potato
Piping Hot Carrots
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Tuesday, Jan. 5

Home Style Macaroni & Cheese w/Sliced Ham

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

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: French Toast Sticks w/Warm Syrup
Tues: Scrambled Eggs & Muffin
Wed: Healthy Breakfast Pizza
Thurs: Combo Bars on English Muffin
Friday: Cinnamon Buns w/Icing

**Cereal, Asst. Bagels, Fruit Muffins, Sausage on English, Ham on Bagel, Egg on English, Fresh Fruit, Milk, and 100% Juice offered EVERYDAY!

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

Pancakes w/ Warm Syrup
Scrambled Eggs

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

Side Caesar Salad
Chilled Fruit Cup

Fresh Fruit
Farm Fresh Milk

**Taste Test Event
Zucchini Bread**



January
2010

**Proctor
High
School**

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

**Come
join
our
team!**

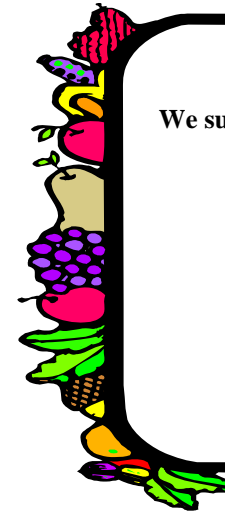


Call today for
more
information.
866-933-4205
X24

BUY LOCAL

We support local New England
Companies

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



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. 18

**NO
SCHOOL**



Tuesday, Jan. 19

EXAMS

**BREAKFAST
ONLY**

Wed., Jan. 20

EXAMS

**BREAKFAST
ONLY**

Thurs., Jan. 21

EXAMS

**BREAKFAST
ONLY**

Friday, Jan. 22

EXAMS

**BREAKFAST
ONLY**

Daily Breakfast Options

- Mon: French Toast Sticks w/Warm Syrup
- Tues: Scrambled Eggs & Muffin
- Wed: Healthy Breakfast Pizza
- Thurs: Combo Bars on English Muffin
- Friday: Cinnamon Buns w/Icing

**Cereal, Asst. Bagels, Fruit Muffins,
Sausage on English, Ham on Bagel, Egg
on English, Fresh Fruit, Milk, and 100%
Juice offered EVERYDAY!

Monday, Jan. 25

Oven Baked
Chicken
Sandwich

Mashed Potatoes
Seasoned
Green Peas

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

**Winter Beach
Party**
Grilled Burgers &
Hot Dogs
Homemade Chili
Pasta Salad
Potato Chips
Ice Cream
Novelties

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