



January 2010

Project Soar

This institution is an equal opportunity provider and employer



Prices	
Breakfast	
Paid	\$0.85
Reduced	Free
Adult	\$1.10
Lunch	
Paid	\$1.40
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

Chicken Patty
Served on Wheat
Roll

Potato Wedges
Glazed Carrots

Fresh Fruit
Farm Fresh Milk

Tuesday, Jan. 5

Chicken
Teriyaki
Stir Fried Rice

Steamed Broccoli
Chilled Fruit Cups
Low-Fat Dessert

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

Freshly Made
Pepperoni &
Cheese Pizza

Garden Salad
Low Fat Dressings
Jell-O with Fruit

Fresh Fruit
Farm Fresh Milk

Daily Breakfast Options

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

Pancakes w/
Warm Syrup

Baked Hash brown
Sausage Links
Fruit Cups

Fresh Fruit
Farm Fresh Milk

Thurs., Jan. 14

Grilled Hotdogs
With all the fixings

Baked Tater Tots
Green Beans
Low-Fat Dessert

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

**Project
Soar**

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

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join
our
team!**



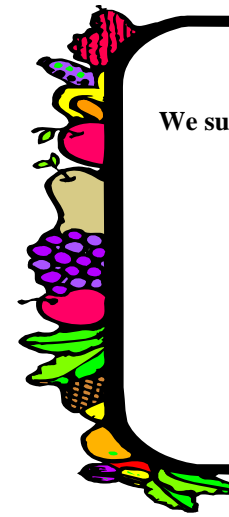
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BUY LOCAL

We support local New England

Companies

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



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

Oven Baked
Chicken Nuggets

Side Caesar Salad
Cucumber Slices
Homemade
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 20

Grilled Cheese
Sandwich

Hearty
Chicken Noodle
Soup w/ Crackers
Garden Spinach
Salad
Happy Birthday Cake

Fresh Fruit
Farm Fresh Milk

Thurs., Jan. 21

Localvore Day
Vermont Burger
w/all the fixings

Sweet Potato
Fries
Applesauce Cups
Chocolate Pudding
Cake

Fresh Fruit
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:** Combo Bar
- Tues:** Ham & Cheese Bagel
- Wed:** Egg & Cheese Sandwich
- Thurs:** Sausage & Cheese Muffin
- Friday:** Cinnamon Buns

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

Monday, Jan. 25

Turkey Bacon
Wrap
(Lettuce, Tomato &
Cheese)

Pasta Salad
w/Chopped
Veggies
Chilled Fruit Cup

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
Chicken & Biscuits

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

Homemade
Cheesy Bread
Sticks

Hearty
Vegetable Soup
Garden Salad
Marinara Dipping Sauce

Fresh Fruit
Farm Fresh Milk