



January  
2010

**Sacred  
Heart**

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.**

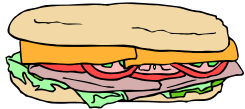
Visit our website: [www.abbeygroup.net/foodserve.htm](http://www.abbeygroup.net/foodserve.htm) to access school menus, online pre-pay and food policy statements.

**Friday, Jan. 1**



**NO  
SCHOOL**

**Available Daily Meal Options**



Hoagieville Deli

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

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



**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 w/Rice  
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  
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**Sacred  
Heart**

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

**Come  
join  
our  
team!**

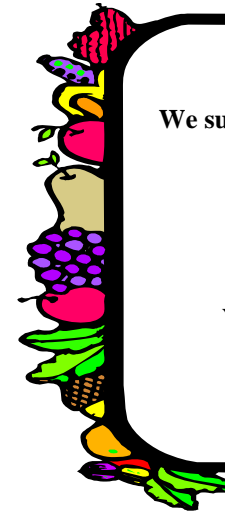


Call today for  
more  
information.  
866-933-4205  
X24

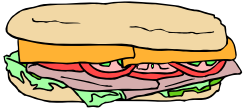
**BUY LOCAL**

We support local New England  
Companies

- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Mighty Food Farm
- Green River Produce
- Youth Horticultural Group
- MAUHS
- Cabot Cooperative
- Westminster Crackers
- Vt. Country Farms
- McKenzie



**Available Daily Meal Options**



Hoagieville Deli

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**

**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



**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**

**Hot Turkey  
Sandwich**

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**

Vegetable Soup  
Garden Salad  
Marinara Dipping Sauce

Fresh Fruit  
Farm Fresh Milk