



January
2010

**St. Albans
Town
Educational
Center**

This institution is an equal opportunity provider and employer



Prices	
Breakfast	
Paid	\$0.85
Reduced	Free
Adult	\$1.10
Lunch	
Paid	\$1.50
Reduced	\$0.40
Adult	\$3.50
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

Creamy
Chicken Alfredo
Chicken, Pasta, Cheese

Steamed Broccoli
Chilled Fruit Cups
Dinner Roll
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

Home Style
Sheppard's Pie

Seasoned
Green Beans
Chilled Fruit Cup
Homemade
Dinner Roll

Fresh Fruit
Farm Fresh Milk



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**St. Albans
Town
Educational
Center**

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

**Come
join
our
team!**

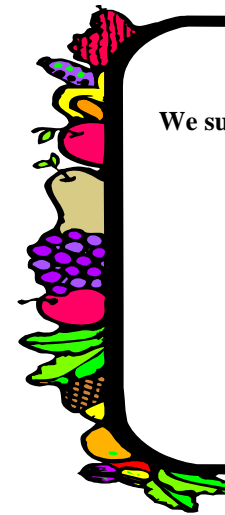


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more
information.
866-933-4205
X24

BUY LOCAL

We support local New England
Companies

- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Vt. Country Farms
- McKenzie
- Garvey's Garden
- Cabot Cooperative
- Westminster Cracker Co
- Sentinel Orchards
- Maplewood Organics



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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

**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

**Oven Baked
Chicken Nuggets**

**Garden Salad
Low-Fat Dressing
Fruit Shape Ups
Dinner Roll**

**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
w/ Macaroni
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**