



January  
2010

**Swanton  
Central  
School**

This institution is an equal opportunity provider and employer



Prices	
Breakfast	
Paid	\$0.85
Reduced	Free
Adult	\$1.50
Lunch	
Paid	\$1.50
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

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  
Fruit Cups

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**

Hearty  
Chicken Noodle  
Soup w/ Crackers

Grilled Cheese  
Garden Spinach  
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



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**Swanton  
Central  
School**

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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more  
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**BUY LOCAL**

We support local New England  
Companies

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- Cabot Cooperative
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- 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**

Baked Chicken  
Nuggets  
With Dipping Sauce

Ranch Rice Pilaf  
Steamed Broccoli  
Wheat Dinner Roll

Fresh Fruit  
Farm Fresh Milk

**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*  
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**

Homemade  
Cheesy Bread  
Sticks

Hearty  
Vegetable Soup  
Garden Salad  
Marinara Dipping Sauce

Fresh Fruit  
Farm Fresh Milk

**Tuesday, Jan. 26**

Home Style  
Macaroni &  
Cheese

Garden Salad  
Low-Fat Dressing  
Garlic Bread Sticks  
Raisins

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**

Fun Shaped  
Fish Nuggets  
Tarter Sauce

Mashed Potatoes  
Green Peas  
Wheat Dinner Roll

Fresh Fruit  
Farm Fresh Milk