


Daily Alternatives

Villa Augustina School

January 2009



Hoagieville Deli Sandwich
Garden Fresh Chef Salad
Cabot Yogurt
Vegetarian Options Daily

Monday	Tuesday	Wednesday	Thursday	Friday
			No School	No School
We value your input email us menu ideas at		www.abbeygroup.net comments@abbeygroup.net		

We support local New England Companies
 Green Mountain Coffee
 Cabot Cooperative
 Westminster Cracker Co.

5	6	7	8	9
Oven Baked Chicken Nuggets ♥Steamed Broccoli ♥Rice Pilaf with ♥Seasonal Vegetables ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Taco Bar w/ the Works! Lettuce, Tomato, Cheese Cabot Sour Cream, Salsa, Peppers ♥ Spanish Rice ♥Fresh Homemade Coleslaw ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Roast Pork Dinner Sweet & White Potatoes Seasoned Green Beans Fresh Dinner Roll ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Homemade Spaghetti ♥Meat or Marinara Sauce ♥Fresh Garden Tossed Salad ♥Italian/Garlic Dunker Bread Irresistible Ice Cream Party ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Chilled Fruit Cups ♥Homemade Healthy Dessert Assorted Juice or Fresh Fruit ♥Farm Fresh Milk



For Healthy Eating Tips
www.mypyramid.gov

12	13	14	15	16
Homemade Italian Meatball Sub (Chef's tomato sauce & meatballs) ♥Piping Hot Baked Potato ♥Sour Cream & Chives ♥Crowd Pleasing Corn ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Oven Baked Crunchy Chicken Baked Potato Puffs ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Creamy Macaroni & Cheese ♥Savory Green Beans ♥Homemade Fruit Muffins Happy Birthday Januaryrites Happy Birthday Cake ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Taste Test Available New England Day Turkey, Cheddar, Bacon ♥Between Fluffy Dough Roasted Sweet Potatoes ♥Seasonal Veggies New England Apples ♥Farm Fresh Milk	Tasty Calzones Cheese or Pepperoni Marinara Dipping Sauce ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk

Daily Breakfast Options
 Mon., Egg and Cheese Muffins
 Tues., Ham & Cheese Bagels
 Wed., Combo Bars
 Thurs., Sausage Muffins
 Fri., Cinnamon Buns
 Cereal, Bagels, Muffins, Fruit,
 Milk and Juice offered daily

19	20	21	22	23
No School	Dress Your Own Burger ♥pickles, lettuce, tomatoes, & cheese ♥Seasoned Green Peas ♥Seasoned Potatoes Wedges ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Nachos Supreme Meat, Cheese, Salsa, Onions, ♥Peppers, ♥Tomatoes, Black Olives, Sour Cream, and Nacho Chips ♥Spanish Rice Pilaf ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Chicken Parmesan Sandwich topped with cheese ♥Fresh Homemade Coleslaw ♥Chilled Applesauce Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Mixed Fruit Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk

Prices
 Regular Priced Breakfast, \$1.25
 Reduced Priced Breakfast, \$.30
 Regular Priced Lunch, \$2.50
 Reduced Priced Lunch, \$.40
 Vermont Farm Fresh Milk, \$.50
 Assorted Juice Box, \$.50
 Adult Lunch Price, \$.25

26	27	28	29	30
Brunch for Lunch Piping Hot Waffles ♥Baked Breakfast Ham ♥Seasoned Sweet N White Potatoes ♥Homemade Healthy Crisp ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Hearty Homemade Soup Grilled Cheese Sandwich Westminster Saltine Crackers ♥Veggie Sticks & Dip ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Cheesy Bread Sticks ♥Italian Marinara Sauce ♥Hearty Homemade Soup ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Fish -N- Chips (Fish Nuggets & French Fries) ♥Creamy Tarter Sauce ♥Seasoned Vegetables ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Tasty Calzones Cheese or Pepperoni Marinara Dipping Sauce ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk

Parents Wanted! Now accepting applications for the Food Service. Call Scott at the Abbey Group, 1-866-933-4205 x26 or online applications at www.abbeygroup.net
 If your income has changed for any reason, you may apply for free or reduced priced meals anytime. " This Institution is an equal opportunity provider."
 Our menus are designed to meet the dietary guidelines of 30% or less fat from calories. This institution is an equal opportunity provider. Menus may change due to school closings without notice.