



January
2010

**Winooski
Elementary
School**

This institution is an equal opportunity provider and employer



Prices	
Breakfast	
Paid	\$0.85
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 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
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

Daily Breakfast Options

Mon: French Toast Sticks w/
Warm syrup

Tues: Sausage & Cheese and Egg
& Cheese Muffins

Wed: Healthy Breakfast Pizza

Thurs: Sausage & Cheese Bagels
and Ham & Cheese Bagels

Friday: Cinnamon Buns w/Icing
**Cereal, Bagels, Muffins, Fruit,
Milk and 100% Juice offered
EVERYDAY!

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 Noodle
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

**Taste Test Event
Zucchini Bread**



January
2010

**Winooski
Elementary
School**

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

**Come
join
our
team!**



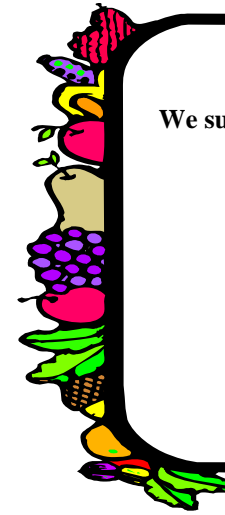
Call today for
more
information.
866-933-4205
X24

BUY LOCAL

We support local New England

Companies

- Winooski School Garden
- Lewis Creek Farm
- Mazza Farm Stand
- Westminster Cracker C
- Sentinel Orchards
- Michaela's Salsa
- Champlain Orchard
- Cabot Cooperative
- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Vt. Country Farms
- McKenzie



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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

Oven Baked
Chicken Nuggets

Baked Tater Tots
Green Beans
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 20

Homemade
Goulash
Beef, Red Sauce, Pasta

Side Caesar Salad
Homemade
Garlic Bread Sticks

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

Daily Breakfast Options

- Mon:** French Toast Sticks w/
Warm syrup
- Tues:** Sausage & Cheese and Egg
& Cheese Muffins
- Wed:** Healthy Breakfast Pizza
- Thurs:** Sausage & Cheese Bagels
and Ham & Cheese Bagels
- Friday:** Cinnamon Buns w/Icing
**Cereal, Bagels, Muffins, Fruit,
Milk and 100% Juice offered
EVERYDAY!

Monday, Jan. 25

Fun Shaped
Fish Nuggets
Tarter Sauce

Mashed Potatoes
Green Peas
Wheat Dinner Roll

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

**Winter Beach
Party**
Grilled Burgers &
Hot Dogs
Homemade Chili
Pasta Salad
Potato Chips
Ice Cream
Novelties

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