

Daily Alternatives

Sacred Heart

June 2009

	Monday	Tuesday	Wednesday	Thursday	Friday
 Hoagieville Deli Bar	1 Hearty Chicken Noodle Grilled Cheese Sandwich Westminster Saltine Crackers ♥Veggie Sticks & Dip ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	2 Chicken Salad Wraps ♥ Served on Whole Wheat Wraps ♥Oven Baked Potato Puffs ♥Refreshing Mellon Slices ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	3 Home Baked Double Decker (ham & cheese between dough) ♥Fresh Garden Tossed Salad ♥Chilled Fruit Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	4 Spaghetti Luncheon ♥Steamed Broccoli Warm Garlic Bread Happy Birthday Junerites Happy Birthday Cake ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	5 English Muffin Pizza's ♥Assorted Vegetables ♥Creamy Ranch Dip ♥Chilled Applesauce Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk
	We support local New England Companies Mighty Food Farm Green River Produce Youth Horticultural Group MAUHS Cabot Cooperative Westminster Crackers	8 Oven Baked Chicken Sandwich Fresh Served on Whole Wheat Roll ♥Healthy Pasta Salad ♥Crunchy Vegetables and Dip ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	9 Dress Your Own Burger ♥pickles, lettuce, tomatoes, & cheese ♥Seasoned Peas ♥Seasoned Potatoes Rounds ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	10 Chicken Fried Rice ♥Vegetables, Rice, Chicken ♥Chilled Melon Slices ♥Oatmeal Dinner Rolls ♥Fortune Cookies ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	11 Pasta Bar w/ Cheese or Meat Sauce Rotini or Spaghetti ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Garlic Bread Sticks ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk
 For Healthy Eating Tips www.mypyramid.gov	15 Dress Your Own Hot Dog on a Bun (onions, ketchup, mustard & relish) ♥Nacho Corn Chips w/ Salsa ♥Eye-Catching Corn ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	16 Hot Turkey Sandwich Sliced Turkey & Gravy ♥Oven Baked Fries ♥Enticing Corn on the Cobb ♥Crisp Ginger Snaps ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	17 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	18 Outdoor BBQ Bash Burgers, Veggie Burgers & Dogs ♥pickles, lettuce, tomatoes, & cheese ♥Summer Time Salads ♥Assorted Chips ♥Chilled Watermelon Slices ♥Yummy Patriotic Pops ♥Farm Fresh Milk	19 Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥ Plump Sun maid Raisins ♥Homemade Healthy Dessert ♥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	22 Ham & Cheese Bagel Melts ♥Garden Pasta Salad ♥Chilled Fruit Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	23 Pepperoni or Chef's Specialty Pizza ♥Assorted Vegetable Sticks ♥ Low Fat Dip ♥Fruit Juice Shape Ups ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	24 Half Day Refreshing Deli Bar with all the fixings Vegetable Sticks Fresh Fruit Crunchy Potato Chips Fun Animal Crackers ♥Farm Fresh Milk	25
Prices Regular Priced Breakfast, \$1.00 Reduced Priced Breakfast, \$.00 Regular Priced Lunch, \$1.75 Reduced Priced Lunch, \$.40 Farm Fresh Milk, \$.50 Assorted Juice Box, \$.50 Adult Lunch Price, \$3.00	29	30	31	 www.abbeygroup.net comments@abbeygroup.net Reduced Students are eligible for FREE BREAKFAST	

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.