

Daily Alternatives

West Rutland School

June 2009

Monday

Tuesday

Wednesday

Thursday

Friday



Hoagieville Deli Bar
Zesty Pizza
Garden Fresh Salad Bar
Popular Express Lane
Cabot Yogurt
Vegetarian Options Daily

We support local
New England Companies
Mazza Farm Stand
Westminster Cracker Co.
Sentinel Orchards
Cabot Cooperative
Champlain Orchards
Green Mountain Coffee Co.



For Healthy Eating Tips
www.mypyramid.gov

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

Prices
Regular Priced Breakfast, \$1.00
Reduced Priced Breakfast, \$.00
Regular Priced Lunch, \$2.00
Reduced Priced Lunch, \$.40
Farm Fresh Milk, \$.50
Assorted Juice Box, \$.50
Adult Lunch Price, \$3.00

1	<p>Hearty Homemade Soup Grilled Cheese Sandwich Westminster Saltine Crackers ♥Veggie Sticks & Dip ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk</p>	2	<p>Baked Potato Bar ♥ Seasoned Beef, Bacon Bits Sour Cream, Cheese Sauce ♥Garden Salad & Dinner Roll ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk</p>	3	<p>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</p>	4	<p>Spaghetti Luncheon ♥Steamed Broccoli Warm Garlic Bread Happy Birthday Junerites Happy Birthday Cake ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk</p>	5	<p>Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Chilled Mixed Fruit ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk</p>
8	<p>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</p>	9	<p>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</p>	10	<p>Cheesy Bread Sticks ♥Italian Marinara Sauce ♥Hearty Homemade Soup ♥Crunchy Vegetable Sticks ♥Creamy Ranch Dip ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk</p>	11	<p>Chicken Fajitas Salsa, Peppers, Onions & Sour Cream ♥Savory Rice Pilaf ♥Fresh Peach Cups ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk</p>	12	<p>Hearty Homemade Soup Grilled Cheese Sandwich Westminster Saltine Crackers ♥Veggie Sticks & Dip ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk</p>
15	<p>Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Chilled Mixed Fruit ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk</p>	16	<p>Refreshing Deli Bar with all the fixings Vegetable Sticks Fresh Fruit Crunchy Potato Chips Fun Animal Crackers ♥Farm Fresh Milk</p>	17	<p>Outdoor BBQ Bash Grilled Burgers & Dogs ♥pickles, lettuce, tomatoes, & cheese ♥Summer Time Salads ♥Assorted Chips ♥Chilled Watermelon Slices ♥Yummy Patriotic Pops ♥Farm Fresh Milk</p>	18		19	
22		23		24		25		26	
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.