

# got milk?

West Rutland School

June 2008

Monday

Tuesday

Wednesday

Thursday

Friday



<p>2</p> <ul style="list-style-type: none"> <li>♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza</li> <li>♥Fresh Garden Tossed Salad</li> <li>♥Assorted Low Fat Dressings</li> <li>♥Chilled Applesauce Cups</li> <li>♥Homemade Healthy Dessert</li> <li>♥Assorted Juice or ♥Fresh Fruit</li> <li>♥Vermont Farm Fresh Milk</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>♥Healthy Salad, or ♥Deli Choices, or Nachos Supreme</li> <li>Meat, Cheese, Salsa, Onions, ♥Peppers, ♥Tomatoes, Sour Cream, and Nacho Chips</li> <li>Spanish Rice Pilaf</li> <li>♥Assorted Juice or ♥Fresh Fruit</li> <li>♥Vermont Farm Fresh Milk</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>♥Healthy Salad, or ♥Deli Choices, or Hearty Homemade Soup</li> <li>Grilled Cheese Sandwich</li> <li>Westminster VT Saltine Crackers</li> <li>♥Veggie Sticks &amp; Dip</li> <li>♥Homemade Healthy Dessert</li> <li>♥Assorted Juice or ♥Fresh Fruit</li> <li>♥Vermont Farm Fresh Milk</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>♥Healthy Salad, or ♥Deli Choices, or Grilled Hot Dogs</li> <li>With all the fixings</li> <li>♥Chilled Potato Salad</li> <li>♥Fresh Vegetable Sticks</li> <li>♥Homemade Healthy Dessert</li> <li>♥Assorted Juice or ♥Fresh Fruit</li> <li>♥Vermont Farm Fresh Milk</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>♥Healthy Salad, or ♥Deli Choices, or Pulled Pork Sandwich</li> <li>With all the fixings</li> <li>♥Homemade Potato Wedges</li> <li>♥Creamy Coleslaw</li> <li>♥Assorted Juice or ♥Fresh Fruit</li> <li>♥Vermont Farm Fresh Milk</li> </ul>
<p>9</p> <ul style="list-style-type: none"> <li>♥Healthy Salad, or ♥Deli Choices, or Ham &amp; Cheese Melt</li> <li>on a Whole Wheat Bagel</li> <li>♥Oven Baked Tater Tots</li> <li>♥Fresh Cucumber Wedges</li> <li>♥Homemade Healthy Dessert</li> <li>♥Assorted Juice or ♥Fresh Fruit</li> <li>♥Vermont Farm Fresh Milk</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>♥Healthy Salad, or ♥Deli Choices, or Baked Potato Bar</li> <li>♥Seasoned Beef, Broccoli</li> <li>Sour Cream, Cheese Sauce</li> <li>♥Fresh Garden Tossed Salad</li> <li>♥Homemade Healthy Dessert</li> <li>♥Assorted Juice or ♥Fresh Fruit</li> <li>♥Vermont Farm Fresh Milk</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>♥Healthy Salad, or ♥Deli Choices, or Brunch for Lunch</li> <li>Piping Hot Waffles</li> <li>♥Breakfast Sausage</li> <li>♥Seasoned Home fries</li> <li>♥Homemade Healthy Crisp</li> <li>♥Assorted Juice or ♥Fresh Fruit</li> <li>♥Vermont Farm Fresh Milk</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>♥Healthy Salad, or ♥Deli Choices, or</li> <li>A Special Chef's Creation Day!</li> <li>A Meal You are sure to Love.</li> <li>♥Assorted Juice or ♥Fresh Fruit</li> <li>♥Vermont Farm Fresh Milk</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>Deli Day</li> <li>Assorted Grinder</li> <li>With all the fixings</li> <li>Potato Chips</li> <li>Homemade Cookie</li> <li>Fresh Fruit</li> <li>♥Vermont Farm Fresh Milk</li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>Daily Breakfast Menu</li> <li>Assorted Milk</li> <li>Assorted Juice or Fruit</li> <li>Assorted. Bagels, Hot Cereals, Cold Cereals, and Fruit Muffins, or Choose From A Specialty Entree</li> </ul>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>
<p>23</p> <ul style="list-style-type: none"> <li>Weekly Specialty Entree</li> <li>Breakfast Menu</li> <li>Mon., Egg and Cheese Muffins</li> <li>Tues., Ham &amp; Cheese Bagels</li> <li>Wed., Combo Bars</li> <li>Thurs., Sausage Muffins</li> <li>Fri., Cinnamon Buns</li> </ul>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>30</p> <ul style="list-style-type: none"> <li>Prices</li> <li>Regular Priced Breakfast, \$1.00</li> <li>Reduced Priced Breakfast, \$.30</li> <li>Regular Priced Lunch, \$2.00</li> <li>Reduced Priced Lunch, \$.40</li> <li>Vermont Farm Fresh Milk, \$.40</li> <li>Assorted Juice Box, \$.35</li> <li>Adult Lunch Price, \$3.00</li> </ul>		<p>Have a safe and fun Summer!</p> <p>See you in August.</p> <p>From:</p> <p>The Abbey Group</p>	<p>In Support of the Vermont agriculture community, The Abbey Group proudly directs it's purchasing efforts to include locally grown produce &amp; Vermont made products in our meal production in the cafeterias we manage.</p> <p>We proudly affiliate our efforts in our Nutritional Pursuits with The Vermont Feed Network and NOFA Organization.</p>	

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**We make Bag Lunches For Field Trips**

**Bag Lunch Menu**

Choice of Grinder & Fixings

Assorted Chips

Assorted Fresh Fruit

Granola Bar

Vermont Farm Fresh Milk

Mon., Egg and Cheese Muffins

Tues., Ham & Cheese Bagels

Wed., Combo Bars

Thurs., Sausage Muffins

Fri., Cinnamon Buns

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](http://www.abbeygroup.net)

If your income has changed for any reason, you may apply for free or reduced priced meals anytime. This information is strictly confidential!

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.