

This institution is an equal opportunity provider and employer.

Prices	
Breakfast	
Paid	\$1.00
Reduced	Free
Adult	\$1.50
Lunch	
Paid	\$2.00
Reduced	\$0.40
Adult	\$3.00
Milk	\$0.50



Comments or Suggestions?

Call or email
The Abbey Group

1-800-696-4748
coments@abbeygroup.net

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.

Mon., March 1

NO SCHOOL WINTER BREAK

Tues., March 2

NO SCHOOL WINTER BREAK

Wed., March 3

French Dip Served w/ Au Jus

Potato Wedges Piping Hot Carrots Low-Fat Dessert

Fresh Fruit Farm Fresh Milk

Thurs., March 4

Baked Potato Bar
Seasoned Beef, Bacon Bits, Cheese Sauce, Broccoli, Sour Cream & Chives

Caesar Salad Homemade Wheat Rolls

Fresh Fruit Farm Fresh Milk

Friday, March 5

Italian Style Calzones
Pepperoni, Ham & Veggie

Garden Salad Low-fat Dressing Jell-O with Fruit

Fresh Fruit Farm Fresh Milk

Available Daily Meal Options

Hoagieville Deli
Zesty Pizza
Garden Fresh Salad Bar
Popular Express Lane
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!

Mon., March 8

National School Breakfast Week
Spaghetti Meat & Marinara Sauce

Garden Salad Low-fat Dressing Garlic Bread Sticks

Fresh Fruit Farm Fresh Milk

Tues., March 9

National School Breakfast Week
Chicken & Cheese Quesadillas Sour Cream & Salsa

Steamed White Rice Roasted Zucchini Low-Fat Dessert

Fresh Fruit Farm Fresh Milk

Wed., March 10

National School Breakfast Week
Whole Wheat Pancakes w/ Warm Syrup

Hash Browns Sausage Links Fruit Cups

Fresh Fruit Farm Fresh Milk

Thurs., March 11

National School Breakfast Week
Hearty Chicken Noodle Soup w/ Crackers

Grilled Cheese Garden Salad Happy Birthday Cake

Fresh Fruit Farm Fresh Milk

Friday, March 12

National School Breakfast Week
BBQ Pulled Pork Sandwich

Mashed Potatoes Green Peas Wheat Dinner Rolls

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!

Mon., March 15

Buffalo Style
Chicken Wrap

Ranch Rice Pilaf
Steamed Broccoli
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Tues., March 16

Homemade
Goulash
Beef, Red Sauce, Pasta

Side Caesar Salad
Homemade
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Wed., March 17

**Happy St. Patrick's
Day**
Irish Luncheon

Corned Beef,
Cabbage, Carrots,
Turnip & Potato
Wheat Dinner Roll
Lucky Low-fat
Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., March 18

**Localvore
Day**

Sweet Italian
Sausage w/
Onions and Peppers

Tuna Mac Salad
Vegetable Sticks
Warm Apple Sauce Cup
with New England
Apples & Cinnamon

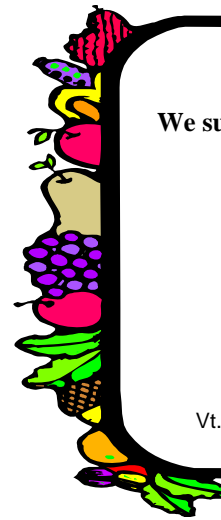
Farm Fresh Milk

Friday, March 19

Beef & Cheese
Enchiladas

Spanish Rice
Seasoned Black Beans
Sour Cream & Salsa

Fresh Fruit
Farm Fresh Milk



BUY LOCAL

We support local New England

Companies

- Valley Dream Farm
- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Vt. Country Farms
- McKenzie
- Cabot Cooperative
- Westminster Cracker
- Sentinel Orchards
- New England Coffee
- Mazza Farm Stand
- Vt. Hydroponic Produce LLC

Mon., March 22

Homemade
Shepherds Pie

Vegetable Sticks
Low-Fat Dip
Fiesta Corn
Muffins

Fresh Fruit
Farm Fresh Milk

Tues., March 23

Pasta Bar
Macaroni or Spaghetti
Meat & Cheese Sauce

Garden Salad
Low-Fat Dressing
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Wed., March 24

Hearty
Homemade
Turkey Potpie

Mixed Vegetables
Cranberry Sauce
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., March 25

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, March 26

Homemade
Cheesy Bread
Sticks

Vegetable Soup
Garden Salad
Marinara Dipping Sauce

Fresh Fruit
Farm Fresh Milk

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at home when
your family
needs you
there?



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more
information.
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Mon., March 29

Oven Baked
Breaded Chicken

Mashed Potatoes
Seasoned
Corn
Wheat Dinner
Roll

Fresh Fruit
Farm Fresh Milk

Tues., March 30

Homemade
Meat & Cheese
Lasagna

Steamed
Broccoli Florets
Garlic
Bread Sticks

Fresh Fruit
Farm Fresh Milk

Wed., March 31

Chicken Fajitas
On Wheat Wrap
w/All The Fixings

Steamed Rice
Chilled Fruit Cup

Fresh Fruit
Farm Fresh Milk



Menus
for
March
2010



BFA FAIRFAX HIGH SCHOOL

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