



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 |



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

Chicken Patty or

Chilled Tuna Boat
(Tuna in a Bun)

Potato Wedges
Glazed Carrots

Fresh Fruit
Farm Fresh Milk

Tues., March 2

Hamburger Deluxe or
Creamy Turkey Alfredo
Turkey, Pasta, Cheese

Steamed Broccoli
Chilled Fruit Cups
Fruit Muffins

Fresh Fruit
Farm Fresh Milk

Wed., March 3

Chicken Nuggets or
BBQ Pulled Pork Sandwich

Rice Pilaf
Cucumber Slices
Low Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., March 4

Nachos or
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

Hot Dog or
Beef & Cheese Quesadillas

Garden Salad
Low Fat Dressings
Jell-O with Fruit

Fresh Fruit
Farm Fresh Milk

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!

Mon., March 8

National School Breakfast Week
Chicken Patty or
Spaghetti
Meat & Marinara Sauce

Garden Salad
Low-fat Dressing
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Tues., March 9

National School Breakfast Week
Hamburger Deluxe or
Chicken & Cheese Fajita
Sour Cream & Salsa

Steamed White Rice
Roasted Zucchini
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Wed., March 10

National School Breakfast Week
Chicken Nuggets or
Whole Wheat Pancakes
w/ Warm Syrup

Hash Browns
Sausage Links
Fruit Cups

Fresh Fruit
Farm Fresh Milk

Thurs., March 11

National School Breakfast Week
Nachos or
Hearty Chicken Noodle
Soup w/ Crackers

Grilled Cheese
Garden Salad

Fresh Fruit
Farm Fresh Milk

Friday, March 12

National School Breakfast Week
Hot Dog or
Freshly Made Pepperoni &
Cheese Pizza

Vegetable Sticks
w/ Ranch Dip
Fruit Cups

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

Chicken Patty or

Fun Shaped
Fish Nuggets
Tarter Sauce

Seasoned Potato
Wedges
Green Peas
Wheat Dinner Roll

Fresh Fruit
Farm Fresh Milk

Tues., March 16

**Hamburger Deluxe
or**

Turkey Salad Or
Ham Salad
Grinder

Seasoned Green
Beans
Chilled Fruit Cup

Fresh Fruit
Farm Fresh Milk

Wed., March 17

**Happy St.
Patrick's Day
Chicken Nuggets**
or

Homemade
Sheppard's Pie
Pot of Gold
Veggies
Warm Irish
Soda Bread

Lucky Low-Fat
Dessert
Fresh Fruit
Farm Fresh Milk

Thurs., March 18

**Nachos or
Localvore
Day**

McKenzie Hotdogs
With all the fixings

Tuna Mac Salad
Vegetable Sticks

Warm Apple Sauce Cup
with New England
Apples & Cinnamon
Farm Fresh Milk

Friday, March 19

**Teachers'
Professional
Day**



**No
School
Today**



BUY LOCAL

We support local New England Companies

Saputo Cheese Co.
Cold Hollow Cider
Sunrise Orchards
Vt. Country Farms
McKenzie
Mazza Farm Stand
Westminster Cracker Co.
Sentinel Orchards
Cabot Cooperative
Champlain Orchards
New England Coffee

Mon., March 22

Chicken Patty or

Turkey Cheddar
Wrap
(Lettuce &
Tomato)

Pasta Salad
Mouthwatering
Corn

Fresh Fruit
Farm Fresh Milk

Tues., March 23

**Hamburger
Deluxe or**
Homemade
Goulash

Beef, Red Sauce, Pasta

Side Caesar Salad
Homemade
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Wed., March 24

**Chicken Nuggets
or**

Hearty
Homemade
Turkey Potpie

Mixed Vegetables
Cranberry Sauce
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., March 25

Nachos or

Egg & Cheese
Burrito w/
Salsa

Oven Baked Ham
Crisp Hash Brown
Happy Birthday Cake

Fresh Fruit
Farm Fresh Milk

Friday, March 26

Hot Dog or

Homemade
Cheesy Bread
Sticks

Vegetable Soup
Garden Salad
Marinara Dipping Sauce

Fresh Fruit
Farm Fresh Milk

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that lets you be
at home when
your family
needs you
there?**



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more
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Mon., March 29

Chicken Patty or

Chicken Lo mien
Chinese Style
Chicken, Veggies, Soy Sauce
Chilled Mandarin

Orange Cups
Homemade
Fruit
Muffins

Fresh Fruit
Farm Fresh Milk

Tues., March 30

**Hamburger
Deluxe or**
Ham & Cheese
Double Decker

Garden Salad
Steamed Carrots
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Wed., March 31

**Chicken Nuggets
or**

Oven Baked
Breaded Chicken

Rice Pilaf w/
Vegetables
Steamed Corn
Dinner Roll

Fresh Fruit
Farm Fresh Milk




Menus
for
March
2010



FAIR HAVEN GRADE SCHOOL

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