

# got milk?

Guildford Central School

March 2008

Monday

Tuesday

Wednesday

Thursday

Friday



<p>No School</p>	<p>No School</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Dress Your Own Burger ♥pickles, lettuce, tomatoes, &amp; cheese ♥Seasoned Green Peas ♥Seasoned Potatoes Wedges ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Homemade Meat or Veggie Lasagna ♥Crunchy Vegetable Sticks ♥Creamy Ranch Dip Garlic Dunker Bread ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or ♥Homemade Chili ♥Crisp Nacho Chips ♥Seasoned Corn ♥Side Caesar Salad ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken Nuggets ♥Steamed Broccoli ♥Rice Pilaf with ♥Seasonal Vegetables ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Ham &amp; Cheese Melt on a Whole Wheat Bagel ♥Oven Baked Potato Puffs ♥Seasoned Green Beans ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Baked Potato Bar ♥Broccoli, Chili, Bacon Bits Creamy Cheese Sauce ♥Fresh Garden Tossed Salad ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Taco Bar w/ the Works! Lettuce, Tomato, Cheese Cabot Sour Cream, Salsa, Peppers ♥Spanish Rice ♥Fresh Homemade Coleslaw ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Chilled Fruit Cups Happy Birthday Marchites Happy Birthday Cake Assorted Juice or Fresh Fruit Vermont Farm Fresh Milk</p>
<p>Daily Breakfast Menu Assorted Milk Assorted Juice or Fruit Assorted, Bagels, Hot Cereals, Cold Cereals, and Fruit Muffins, or Choose From A Specialty Entree</p>	<p>Happy St. Patrick's Day Mouthwatering Irish Stew Su'lach, Feoil, Prata ♥Irish Soda Bread ♥Yummy Fried Cabbage ♥Special Green Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Cheesy Bread Sticks ♥Italian Marinara Sauce ♥Cheddar Broccoli Soup ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>Spring Dinner Celebration Baked Glazed Ham ♥Creamy Mashed Potatoes ♥Tasty Glazed Carrots ♥Gravy &amp; Cranberry Sauce ♥Homemade Healthy Dessert ♥Special Spring Dessert ♥Vermont Farm Fresh Milk</p>	<p>No School</p>
<p>Weekly Specialty Entree Breakfast Menu Mon., Egg and Cheese Muffins Tues., Ham &amp; Cheese Bagels Wed., Combo Bars Thurs., Sausage Muffins Fri., Cinnamon Buns</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken Sandwich ♥California Blended Vegetables ♥Rotini with Garlic Sauce Assorted Juice or Fresh Fruit Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Homemade Spaghetti ♥Meat or Marinara Sauce ♥Fresh Garden Tossed Salad ♥Italian/Garlic Dunker Bread Irresistible Ice Cream Party ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Nachos Supreme Meat, Cheese, Salsa, Onions, ♥Peppers, ♥Tomatoes, Black Olives, Sour Cream, and Nacho Chips ♥Spanish Rice Pilaf ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Chilled Applesauce Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>Prices Regular Priced Breakfast, \$1.00 Reduced Priced Breakfast, \$30 Regular Priced Lunch, \$1.75 Reduced Priced Lunch, \$40 Vermont Farm Fresh Milk, \$.50 Assorted Juice Box, \$.50 Adult Lunch Price, \$2.75</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Brunch for Lunch Piping Hot Waffles ♥Baked Breakfast Sausage ♥Seasoned Sweet N White Potatoes ♥Homemade Healthy Crisp ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</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.  We proudly affiliate our efforts in our Nutritional Pursuits with The Vermont Feed Network and NOFA Organization.</p>	<p>♥Please note that highlighted items are premium nutritiously prepared items!  We proudly use Vermont Apples</p>	<p>♥Please note that highlighted items are premium nutritiously prepared items!  We proudly use Vermont Apples</p>

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.