



www.abbeygroup.net
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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

Daily Breakfast Menu
 Assorted Milk
 Assorted Juice or Fruit
 Assorted. Bagels, Hot Cereals, Cold Cereals, and Fruit Muffins,
 or Choose From A Specialty Entree
 Cream Cheese, Peanut Butter, or Jelly

Weekly Specialty Entree Breakfast Menu
 Mon., Egg and Cheese Muffins
 Tues., Ham & Cheese Bagels
 Wed., Combo Bars
 Thurs., Sausage Muffins
 Fri., Cinnamon Buns

Prices
 Regular Priced Breakfast, \$1.00
 Reduced Priced Breakfast, \$.30
 Regular Priced Lunch, \$1.60
 Reduced Priced Lunch, \$.40
 Vermont Farm Fresh Milk, \$.50
 Assorted Juice Box, \$.50
 Adult Lunch Price, \$2.75

Monday

3
 ♥Healthy Salad, or ♥Deli Choices, or Dress Your Own Burger
 ♥pickles, lettuce, tomatoes, & cheese
 ♥Seasoned Green Peas
 ♥Seasoned Potatoes Wedges
 ♥Homemade Healthy Dessert
 ♥Assorted Juice or ♥Fresh Fruit
 ♥Vermont Farm Fresh Milk

10
 ♥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

17
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

24
 ♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken Sandwich
 pickles, ♥lettuce, ♥tomatoes, & cheese
 ♥California Blended Vegetables
 ♥Rotini with Garlic Sauce
 ♥Homemade Healthy Dessert
 Assorted Juice or Fresh Fruit
 Vermont Farm Fresh Milk

31
 ♥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

Tuesday

4
 ♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza
 ♥Fresh Garden Tossed Salad
 ♥Assorted Low Fat Dressings
 ♥Chilled Fruit Cups
 Assorted Juice or Fresh Fruit
 Vermont Farm Fresh Milk

11
 ♥Healthy Salad, or ♥Deli Choices, or Ham & Cheese Melt
 ♥Oven Baked Potato Puffs
 ♥Crunch Vegetable Sticks
 ♥Creamy Ranch Dip
 Irresistible Ice Cream Party
 ♥Assorted Juice or ♥Fresh Fruit
 ♥Vermont Farm Fresh Milk

18
 ♥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

25
 ♥Healthy Salad, or ♥Deli Choices, or Homemade Spaghetti
 ♥Meat or Marinara Sauce
 ♥Fresh Garden Tossed Salad
 ♥Italian/Garlic Dunker Bread
 ♥Assorted Juice or ♥Fresh Fruit
 ♥Vermont Farm Fresh Milk

Taste Test Event
 Feature Taste Test
 Vermont Cheddar Potato Soup
 March 21st

Wednesday

5
 ♥Healthy Salad, or ♥Deli Choices, or ♥Chicken Scampi
 ♥Chicken, Pasta, Broccoli
 ♥Chilled Fruit Cups
 ♥Whole Wheat Fruit Muffins
 ♥Chocolate Chip Cookie
 ♥Assorted Juice or ♥Fresh Fruit
 ♥Vermont Farm Fresh Milk

12
 ♥Healthy Salad, or ♥Deli Choices, or Baked Goulash
 ♥Fresh Garden Tossed Salad
 ♥Assorted Low Fat Dressings
 ♥Warm Garlic Bread
 ♥Homemade Healthy Dessert
 ♥Assorted Juice or ♥Fresh Fruit
 ♥Vermont Farm Fresh Milk

19
 ♥Healthy Salad, or ♥Deli Choices, or ♥Fried Rice
 Veggies, Meat, Rice
 ♥Orange Wedges
 ♥Mini Egg Rolls
 ♥Homemade Fruit Muffins
 ♥Assorted Juice or ♥Fresh Fruit
 ♥Vermont Farm Fresh Milk

26
 ♥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

In Support of the Vermont agriculture community,
 The Abbey Group proudly directs it's purchasing efforts to include locally grown produce & 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.

Thursday

6
 ♥Healthy Salad, or ♥Deli Choices, or
 Homemade Lasagna
 ♥Crunchy Vegetable Sticks
 ♥Creamy Ranch Dip
 Garlic Dunker Bread
 ♥Assorted Juice or ♥Fresh Fruit
 ♥Vermont Farm Fresh Milk

13
 No School

20
 Spring Dinner Celebration
 Baked Glazed Ham
 ♥Creamy Mashed Potatoes
 ♥Tasty Glazed Carrots
 ♥Gravy & Cranberry Sauce
 ♥Chocolate Chip Cookie
 ♥Special Spring Dessert
 ♥Vermont Farm Fresh Milk

27
 ♥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

♥Please note that highlighted items are premium nutritiously prepared items!
 We proudly use Vermont Apples

Friday

7
 ♥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

14
 No School

21
Local Vermont Day
 Vermont Cheddar Potato Soup
 Westminster VT Crackers
 Grilled Cheese Sandwich
 ♥Vermont Country Salad
 ♥Vermont Maple Vinaigrette
 Vermont Apple Dessert
 ♥Vermont Farm Fresh Milk

28
 ♥Healthy Salad, or ♥Deli Choices, or Grilled Hotdogs
 ♥Onions, Relish, Ketchup, Mustard
 ♥Piping Hot Baked Potato
 ♥Yummy Corn
 ♥Homemade Healthy Dessert
 ♥Assorted Juice or ♥Fresh Fruit
 ♥Vermont Farm Fresh Milk

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 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.