got milk?

North Bennington Graded

March 2008

www.abbeygroup.net
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Monday	Tuesday	Wednesday	Thursday	Friday
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	**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	**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	**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	**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
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	**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	**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	**13** No School	**14** No School
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	**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	**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	**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	**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
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	**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	**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	**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	**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
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	**Taste Test Event** Feature Taste Test Vermont Cheddar Potato Soup March 21st	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.		♥Please note that highlighted items are premium nutritiously prepared items! We proudly use Vermont Apples

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

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.