



<p>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.</p> <p>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!</p> <p>We proudly use Vermont Apples</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 Fruit ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
---	--	---	--

www.abbeygroup.net
comments@abbeygroup.net

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

<p>5 ♥Healthy Salad, or ♥Deli Choices, or Pig-N-Blanket ♥Seasoned Corn ♥Oven Baked Fries ♥Baked Beans ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>6 ♥Healthy Salad, or ♥Deli Choices, or Ham & Cheese Melt on a Whole Wheat Bagel Rotini with a Garlic Sauce ♥Seasoned Green Beans ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>7 ♥Healthy Salad, or ♥Deli Choices, or Homemade Meat or Veggie Lasagna ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Garlic Dunker Bread ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>8 ♥Healthy Salad, or ♥Deli Choices, or Chicken Caesar Salad ♥Romaine, Chicken, Caesar Dressing ♥Whole Wheat Dinner Roll ♥Tropical Fruit Salad ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>9 ♥Healthy Salad, or ♥Deli Choices, or ♥Pork Fried Rice ♥Pork, Vegetables, & Rice ♥Steamed Broccoli ♥Chilled Fruit Cups ♥Carrot Muffin ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
--	--	---	---	--

Daily Breakfast Menu
Assorted Milk
Assorted Juice or Fruit
Assorted. Bagels, Hot Cereals, Cold Cereals, and Fruit Muffins, or Choose a Specialty Entrée

<p>12 No School</p>	<p>13 ♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken Nuggets ♥Glazed Carrots ♥Seasoned Couscous ♥Whole Wheat Dinner Roll ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>14 ♥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</p>	<p>15 THANKSGIVING FEAST ♥Carved Roast Turkey w/ Gravy ♥Chef's Mashed or ♥Sweet Potatoes ♥Green Peas & Herbed Stuffing ♥Chilled Cranberry Sauce ♥Whole Wheat Dinner Roll Homemade Pumpkin Bars ♥Vermont Farm Fresh Milk</p>	<p>16 ♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Chilled Jell-O with Mixed Fruit ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
--------------------------------	--	--	--	---

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

<p>19 Local Vermont Day Vermont Turkey Soup Westminster VT Crackers Grilled Cheese Sandwich ♥Fresh Spinach & Green Salad ♥Vermont Vinaigrette ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>20 ♥Healthy Salad, or ♥Deli Choices, or Homemade Macaroni & Cheese ♥Crunchy Vegetable Sticks & Dip ♥Wedged Apples w/ Cinnamon ♥Homemade Corn Bread ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>21 Thanksgiving No School</p>	<p>22 Thanksgiving No School</p>	<p>23 Thanksgiving No School</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>26 ♥Healthy Salad, or ♥Deli Choices, or Dress Your Own Burger ♥pickles, lettuce, tomatoes, & cheese ♥Seasoned Green Peas Crunchy Baked Potato Puffs ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>27 ♥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>28 ♥Healthy Salad, or ♥Deli Choices, or Cheesy Bread Sticks ♥Italian Marinara Sauce ♥Hearty Homemade Soup ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>29 ♥Healthy Salad, or ♥Deli Choices, or Chicken Fajita Cheese, Salsa, & VT Sour Cream ♥Rice Pilaf w/ Seasonal Veggies ♥Mexicalli Corn ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>30 ♥Healthy Salad, or ♥Deli Choices, or BBQ Pulled Pork Sandwich ♥Mashed Potatoes ♥Seasoned Green Beans ♥Creamy Coleslaw Happy Birthday Novembertes Happy Birthday Cake ♥Vermont Farm Fresh Milk</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
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.