

got milk?



Pownal Elementary

November 2007

Monday

Tuesday

Wednesday

Thursday

Friday

<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.</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 Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Chilled Fruit</p> <p>♥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</p> <p>♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>www.abbeygroup.net comments@abbeygroup.net</p>				
<p><b>We make Bag Lunches For Field Trips</b> <b>Bag Lunch Menu</b> Choice of Grinder &amp; Fixings Assorted Chips Assorted Fresh Fruit Granola Bar Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Pig-N-Blanket ♥Seasoned Corn ♥Oven Baked Fries ♥Baked Beans</p> <p>♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Chicken Caesar Salad ♥Romaine, Chicken, Caesar Dressing ♥Whole Wheat Dinner Roll ♥Tropical Fruit Salad</p> <p>♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Homemade Meat or Veggie Lasagna ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Garlic Dunker Bread</p> <p>♥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 Rotini with a Garlic Sauce ♥Seasoned Green Beans ♥Homemade Healthy Dessert</p> <p>♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p><b>Daily Breakfast Menu</b> Assorted Milk Assorted Juice or Fruit Assorted. Bagels, Hot Cereals, Cold Cereals, and Fruit Muffins, or Choose a Specialty Entrée</p>	<p><b>No School</b></p>	<p>♥Healthy Salad, or ♥Deli Choices, or Oven Baked Chicken Nuggets ♥Glazed Carrots ♥Seasoned Couscous ♥Whole Wheat Dinner Roll</p> <p>♥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</p> <p>♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p><b>THANKSGIVING FEAST</b> ♥Carved Roast Turkey w/ Gravy ♥Chef's Mashed or ♥Sweet Potatoes ♥Green Peas &amp; Herbed Stuffing ♥Chilled Cranberry Sauce ♥Whole Wheat Dinner Roll Homemade Pumpkin Bars ♥Vermont Farm Fresh Milk</p>
<p><b>Weekly Specialty Entree Breakfast Menu</b> Mon., Egg and Cheese Muffins Tues., Ham &amp; Cheese Bagels Wed., Combo Bars Thurs., Sausage Muffins Fri., Cinnamon Buns</p>	<p><b>Local Vermont Day</b> Vermont Turkey Soup Westminster VT Crackers Grilled Cheese Sandwich ♥Fresh Spinach &amp; Green Salad ♥Vermont Vinaigrette ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Homemade Macaroni &amp; Cheese ♥Crunchy Vegetable Sticks &amp; Dip ♥Wedged Apples w/ Cinnamon ♥Homemade Corn Bread Irresistible Ice Cream Party ♥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 ♥Herb Seasoned Corn Happy Birthday Novembertes Happy Birthday Cake ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p><b>Thanksgiving No School</b></p>
<p><b>Prices</b> 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</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Dress Your Own Burger ♥pickles, lettuce, tomatoes, &amp; cheese ♥Seasoned Green Peas Crunchy Baked Potato Puffs ♥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 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>♥Healthy Salad, or ♥Deli Choices, or Chicken Fajita Cheese, Salsa, &amp; VT Sour Cream ♥Rice Pilaf w/ Seasonal Veggies ♥Mexicalli Corn ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p><b>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</b> <b>If your income has changed for any reason, you may apply for free or reduced priced meals anytime. This information is strictly confidential!</b> Our menus are designed to meet the dietary guidelines of 30% or less fat from calories. This institution is an equal opportunity provider. <u>Menus may change due to school closings without notice.</u></p>				