



Monday

Tuesday

Wednesday

Thursday

Friday



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

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

**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, \$2.00  
Reduced Priced Lunch, \$.40  
Vermont Farm Fresh Milk, \$.50  
Assorted Juice Box, \$.50  
Adult Lunch Price, \$3.00

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.

5  
♥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

12  
No School

19  
**Half Day Luncheon**  
Chicken Nuggets or Turkey Grinders  
Assorted Chips  
Crunchy Veggie Sticks  
Fresh Fruit  
Cinnamon Teddy Grams  
♥Vermont Farm Fresh Milk

26  
♥Healthy Salad, or ♥Deli Choices, or Dress Your Own Burger  
♥pickles, lettuce, tomatoes, & cheese  
♥Seasoned Green Peas  
Pasta w/ Fresh Garlic Sauce  
♥Homemade Healthy Dessert  
♥Assorted Juice or ♥Fresh Fruit  
♥Vermont Farm Fresh Milk

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

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

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

20  
**Half Day Luncheon**  
BBQ Rib Sandwich or Turkey Grinder  
Assorted Chips  
Crunchy Veggie Sticks  
Fresh Fruit  
Fresh Baked Dessert  
♥Vermont Farm Fresh Milk

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

♥Please note that highlighted items are premium nutritiously prepared items!

We proudly use Vermont Apples

14  
♥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

14  
♥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

21  
**Half Day Luncheon**  
Corn Dog or Turkey Grinder  
Assorted Chips  
Crunchy Veggie Sticks  
Fresh Fruit  
Fresh Baked Dessert  
♥Vermont Farm Fresh Milk

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

1  
♥Healthy Salad, or ♥Deli Choices, or Pepperoni or Chef's Specialty Pizza  
♥Fresh Garden Tossed Salad  
♥Assorted Low Fat Dressings  
♥Chilled Fruit  
♥Homemade Healthy Dessert  
♥Assorted Juice or ♥Fresh Fruit  
♥Vermont Farm Fresh Milk

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

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

22  
Thanksgiving  
No School

29  
**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

2  
♥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

9  
No School

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

23  
Thanksgiving  
No School

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

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.