

got milk?

Sacred Heart School

November 2007

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

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

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

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.

Pig-N-Blanket
♥Seasoned Corn
♥Oven Baked Fries
♥Baked Beans
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

No School

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

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

Chicken Caesar Salad
♥Romaine, Chicken, Caesar Dressing
♥Whole Wheat Dinner Roll
♥Tropical Fruit Salad
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

Oven Baked Chicken Nuggets
♥Glazed Carrots
♥Seasoned Couscous
♥Whole Wheat Dinner Roll
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

Homemade Macaroni & Cheese
♥Crunchy Vegetable Sticks & Dip
♥Wedged Apples w/ Cinnamon
♥Homemade Corn Bread
Irresistible Ice Cream Party
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

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

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

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

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

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

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

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

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

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

Thanksgiving
No School

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

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

Pork Fried Rice
♥Pork, Vegetables, & Rice
♥Steamed Broccoli
♥Chilled Fruit Cups
♥Carrot Muffin
♥Assorted Juice or ♥Fresh Fruit
♥Vermont Farm Fresh Milk

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

Thanksgiving
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TASTE TESTING EVENT
BBQ Pulled Pork Sandwich
♥Mashed Potatoes
♥Seasoned Green Beans
♥Creamy Coleslaw
Featured Tasting Food
VT Choc Chip Zucchini Bread
♥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.