

got milk?

St. Albans City School

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 & 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 Jell-O with Mixed Fruit ♥Homemade Healthy Dessert ♥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 ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>♥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>♥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>♥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>♥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>Daily Breakfast Menu Assorted Milk Assorted Juice or Fruit Assorted. Bagels, Hot Cereals, Cold Cereals, and Fruit Muffins, or Choose a Specialty Entrée</p>	<p>♥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 ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Dress Your Own Burger ♥pickles, lettuce, tomatoes, & cheese ♥Seasoned Green Peas ♥Savory Rice Pilaf ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>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>Weekly Specialty Entree Breakfast Menu Mon., Egg and Cheese Muffins Tues., Ham & Cheese Bagels Wed., Combo Bars Thurs., Sausage Muffins Fri., Cinnamon Buns</p>	<p>Thanksgiving No School</p>	<p>Thanksgiving No School</p>	<p>Thanksgiving No School</p>
<p>Prices Regular Priced Breakfast, \$.85 Reduced Priced Breakfast, \$.30 Regular Priced Lunch, \$1.40 Reduced Priced Lunch, \$.40 Vermont Farm Fresh Milk, \$.40 Assorted Juice Box, \$.35 Adult Lunch Price, \$3.00</p>	<p>♥Healthy Salad, or ♥Deli Choices, or Brunch for Lunch Piping Hot Waffles ♥Baked Breakfast Ham ♥Seasoned Sweet N White Potatoes ♥Homemade Healthy Crisp ♥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 Local Vermont Day Vermont Turkey Noodle Soup Grilled Cheese Sandwich ♥Fresh Spinach & Green Salad ♥Vermont Vinaigrette ♥Assorted Juice or ♥Fresh Fruit ♥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.