

got milk?

Vergennes Union High 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>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, 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>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Homemade Shepherds Pie (Turkey, Corn, & Mashed Potato) ♥Crunchy Vegetable Sticks & Dip ♥Fiesta Corn Muffins ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>
<p>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>	<p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Stuffed Chicken Breast ♥Red Skinned Mashed Potatoes ♥Seasoned Corn ♥Chilled Cranberry Sauce ♥Assorted Sliced Melon ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Gourmet Stromboli Meat & Vegetable Fillings ♥Marinara Dipping Sauce ♥Crunchy Broccoli w/ Ranch Dip ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Pork Fried Rice ♥Pork, Vegetables, & Rice ♥Steamed Broccoli ♥Chilled Fruit Cups ♥Carrot Muffin ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Homemade Spaghetti ♥Meat or Marinara Sauce ♥Fresh Garden Tossed Salad ♥Italian/Garlic Dunker Bread ♥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>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Buffalo Style Chicken Sandwich Blue Cheese and Buffalo Sauce ♥Crunchy Vegetable Sticks & Dip ♥Homemade Garden Pasta Salad ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, 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>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>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Crunchy Popcorn Chicken ♥Chef Made Mashed Potatoes w/ Homemade Gravy ♥California Blended Vegetables ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥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>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>Thanksgiving No School</p>	<p>Thanksgiving No School</p>	<p>Thanksgiving No School</p>
<p>Prices Regular Priced Breakfast, \$1.00 Reduced Priced Breakfast, \$.30 Regular Priced Lunch, \$2.00 Reduced Priced Lunch, \$.40 Vermont Farm Fresh Milk, \$.40 Assorted Juice Box, \$.35 Adult Lunch Price, \$3.00</p>	<p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Homemade Meat or Veggie Lasagna ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Garlic Dunker Bread ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Open Faced Hot Hamburg Served with Gravy ♥Garlic Mashed Potatoes ♥Flavorful Green Peas ♥Whole Wheat Bread ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or BBQ Pulled Pork Sandwich ♥Seasoned Potato Wedges ♥Seasoned Green Beans ♥Creamy Coleslaw ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Vermont Farm Fresh Milk</p>	<p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or Santa Fe Turkey Bacon Wrap w/ let., tom., bacon, & spicy. Ranch Homemade Macaroni Salad ♥Crunchy Vegetable Sticks & Dip ♥Homemade Healthy Dessert ♥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.