



<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</p> <p>Gourmet Stromboli</p> <p>Meat & Vegetable Fillings</p> <p>♥Marinara Dipping Sauce</p> <p>♥Crunchy Broccoli w/ Ranch Dip</p> <p>♥Homemade Healthy Dessert</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>	<p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Nachos Supreme</p> <p>Meat, Cheese, Salsa, Onions,</p> <p>♥Peppers, ♥Tomatoes, Black Olives, Sour Cream, and Nacho Chips</p> <p>♥Spanish Rice Pilaf</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>
<p>5</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Stuffed Chicken Breast</p> <p>♥Red Skinned Mashed Potatoes</p> <p>♥Seasoned Corn</p> <p>♥Chilled Cranberry Sauce</p> <p>♥Assorted Sliced Melon</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>	<p>6</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Ham or Turkey Melts</p> <p>on a Whole Wheat Bagel</p> <p>Rotini with a Garlic Sauce</p> <p>♥Seasoned Green Beans</p> <p>♥Homemade Healthy Dessert</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>	<p>7</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Homemade Meat or Veggie Lasagna</p> <p>♥Fresh Garden Tossed Salad</p> <p>♥Assorted Low Fat Dressings</p> <p>Garlic Dunker Bread</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>	<p>8</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Chicken Caesar Salad</p> <p>Romaine, Chicken, Caesar Dressing</p> <p>♥Whole Wheat Dinner Roll</p> <p>♥Tropical Fruit Salad</p> <p>♥Homemade Healthy Dessert</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>
<p>12</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Dress Your Own Burger</p> <p>♥pickles, lettuce, tomatoes, & cheese</p> <p>♥Seasoned Green Peas</p> <p>Pasta w/ Fresh Garlic Sauce</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>	<p>13</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Buffalo Style Chicken Sandwich</p> <p>Blue Cheese and Buffalo Sauce</p> <p>♥Crunchy Vegetable Sticks & Dip</p> <p>♥Homemade Garden Pasta Salad</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>	<p>14</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Homemade Spaghetti</p> <p>♥Meat or Marinara Sauce</p> <p>♥Fresh Garden Tossed Salad</p> <p>♥Italian/Garlic Dunker Bread</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>	<p>15</p> <p>THANKSGIVING FEAST</p> <p>♥Carved Roast Turkey w/ Gravy</p> <p>♥Chef's Mashed or ♥Sweet Potatoes</p> <p>♥Green Peas & Herbed Stuffing</p> <p>♥Chilled Cranberry Sauce</p> <p>♥Whole Wheat Dinner Roll</p> <p>Homemade Pumpkin Bars</p> <p>♥Vermont Farm Fresh Milk</p>
<p>19</p> <p>Local Vermont Day</p> <p>Vermont Turkey Soup</p> <p>Westminster VT Crackers</p> <p>Grilled Cheese Sandwich</p> <p>♥Fresh Spinach & Green Salad</p> <p>♥Vermont Vinaigrette</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>	<p>20</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Homemade Macaroni & Cheese</p> <p>♥Crunchy Vegetable Sticks & Dip</p> <p>♥Wedged Apples w/ Cinnamon</p> <p>♥Homemade Corn Bread</p> <p>Irresistible Ice Cream Party</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>	<p>21</p> <p>Thanksgiving</p> <p>No School</p>	<p>22</p> <p>Thanksgiving</p> <p>No School</p>
<p>26</p> <p>Prices</p> <p>Regular Priced Breakfast, \$1.00</p> <p>Reduced Priced Breakfast, \$.30</p> <p>Middle School Regular Lunch, \$1.50</p> <p>High School Regular Lunch, \$1.85</p> <p>Vermont Farm Fresh Milk, \$.40</p> <p>Assorted Juice Box, \$.35</p> <p>Adult Lunch Price, \$3.00</p>	<p>27</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Homemade Shepherds Pie</p> <p>(Turkey, Corn, & Mashed Potato)</p> <p>♥Crunchy Vegetable Sticks & Dip</p> <p>♥Fiesta Corn Muffins</p> <p>♥Homemade Healthy Dessert</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>	<p>28</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Taco Bar w/ the Works!</p> <p>Lettuce, Tomato, Cheese</p> <p>Cabot Sour Cream, Salsa, Peppers</p> <p>♥Spanish Rice</p> <p>♥Fresh Homemade Coleslaw</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>	<p>29</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Cheesy Bread Sticks</p> <p>♥Italian Marinara Sauce</p> <p>♥Hearty Homemade Soup</p> <p>♥Fresh Garden Tossed Salad</p> <p>♥Assorted Low Fat Dressings</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>
<p>30</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>Chicken Fajita</p> <p>Cheese, Salsa, & VT Sour Cream</p> <p>♥Rice Pilaf w/ Seasonal Veggies</p> <p>♥Mexicalli Corn</p> <p>♥Assorted Juice or ♥Fresh Fruit</p> <p>♥Vermont Farm Fresh Milk</p>	<p>30</p> <p>♥Salad Bar, ♥Deli, Food Express, ♥Pizza, or</p> <p>BBQ Pulled Pork Sandwich</p> <p>♥Mashed Potatoes</p> <p>♥Seasoned Green Beans</p> <p>♥Creamy Coleslaw</p> <p>Happy Birthday Novembertes</p> <p>Happy Birthday Cake</p> <p>♥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.