

WELCOME BACK



MENU FOR AUGUST 2010

Barre Town School

This institution is an equal opportunity employer and provider

Pay for meals on-line at



Providing parents a safe secure way to manage food service payments and to look up account balances.

Visit our website: www.abbeygroup.net/foodserve.htm to access school menus, online pre-pay and food policy statements.

Prices

Breakfast

| | |
|---------|--------|
| Paid | 1.00 |
| Reduced | Free |
| Adult | \$1.50 |

Lunch

| | |
|---------|--------|
| Paid | \$2.00 |
| Reduced | \$0.40 |
| Adult | \$3.25 |

| | |
|------|--------|
| Milk | \$0.50 |
|------|--------|

Comments or Suggestions?

Call or email
The Abbey Group
1-800-696-4748
coments@abbeygroup.net

Looking for a job that lets you be at home when your family needs you there?

Come Join our Team!!
Call today for more information.

1-866-933-4205 X24

| Monday, Aug. 23 | Tuesday, Aug. 24 | Wed., Aug. 25 | Thurs., Aug. 26 | Friday, Aug 27 | Available Daily Meal Options |
|-----------------|------------------|--|--|--|--|
| | | 1st Day of School Chicken Sandwich Served on Wheat Roll Oven Baked French Fries Fresh Cherry Tomatoes w/Dip Fresh Fruit Farm Fresh Milk | Back to School BBO Grilled Burgers & Hot Dogs w/ all the fixings Summertime Salads w/Fresh Vegetables Chips Watermelon Patriot Pops Farm Fresh Milk | Ham & Cheese Melt on a Wheat Bagel Rice Pilaf w/ Fresh Veggies Cantaloupe Slice Low-Fat Dessert Fresh Fruit Farm Fresh Milk | Hoagieville Deli Zesty Pizza Garden Fresh Salad Bar Yogurt Parfait & String Cheese Vegetarian Options OR Hot Entrée listed The Abbey Group's meal options are prepared home-style daily with fresh local products! |

| | |
|--|---|
| Monday, Aug. 30 Fun Shaped Fish Nuggets Tarter Sauce French Fries Creamy Coleslaw Oatmeal Dinner Roll Fresh Fruit Farm Fresh Milk | Tuesday, Aug. 31 Grilled Cheese Sandwich Hearty Chicken Noodle Soup w/ Westminster Crackers Garden Salad w/ Apples & Carrots Low-Fat Dressings Low-Fat Dessert Fresh Fruit Farm Fresh Milk |
|--|---|

BUY LOCAL

We support local New England Companies

- Taplin Hill Sugar Works
- Food Works
- Barre Town School Garden
- Westminster Cracker Co.
- New England Coffee
- Sentinel Orchards
- Cabot Cooperative
- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Vt. Country Farms
- VT. Hydroponic Produce LLC



DAILY BREAKFAST OPTIONS

Mon: French Toast Sticks
Tues: Ham & Cheese Bagel
Wed: Breakfast Pizza Pockets
Thurs: Sausage & Cheese Muffin
Friday: Breakfast Bun & Scrambled Eggs

**Cereal w/ English muffin, Bagels, Muffins, Fruit, Milk and 100% Juice offered EVERYDAY!

WELCOME BACK



MENU FOR SEPTEMBER 2010

Barre Town School

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Prices

Breakfast

Paid \$1.00
Reduced Free
Adult \$1.50

Lunch

Paid \$2.00
Reduced \$0.40
Adult \$3.25

Milk \$0.50

Comments or Suggestions?

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Wed., Sept. 1

Taco Bar
W/ the Works
Ground Beef, Lettuce,
Tomato, Peppers, Salsa,
Cabot Sour Cream,
Shredded Cheese
Crispy Corn Shell

Spanish Rice
Creamy Rainbow
Coleslaw

Fresh Fruit
Farm Fresh Milk

Thurs., Sept. 2

Chicken Caesar
Salad
Romaine, Chicken,
Croutons & Creamy Caesar
Dressing

Chilled Fruit Cup
Homemade Dinner
Roll

Fresh Fruit
Farm Fresh Milk

Friday, Sept. 3

Beef & Cheese
Enchiladas
Sour Cream & Salsa

Spanish Rice
Flavorful Corn
Seasoned Black Beans
w/ Cilantro

Fresh Fruit
Farm Fresh Milk

Available Daily Meal Options

Hoagieville Deli
Zesty Pizza
Garden Fresh Salad Bar
Yogurt Parfait & String Cheese
Vegetarian Options

OR

Hot Entrée listed

The Abbey Group's meal options are prepared home-style daily with fresh local products!

Monday, Sept. 6



NO
SCHOOL

Tues., Sept. 7

Dress Your Own
Hot Dog in a Bun
Ketchup, Mustard,
Onions, Relish
& Sauerkraut

Oven Baked
Potato Puffs
Baked Beans

Fresh Fruit
Farm Fresh Milk

Wed., Sept. 8

Chicken & Cheese
Fajitas
Cabot Sour Cream & Salsa
Soft Flour Tortilla

Brown Rice Pilaf
Corn & Black Bean
Salad
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., Sept. 9

Brunch for Lunch
Waffles w/
Maple Syrup & Apple
Compote

Local Potato
Wedges
Sausage Links
Fruit Cups
Warm Fruit Crisp

Fresh Fruit
Farm Fresh Milk

Friday, Sept. 10

Marinated
Chicken Breast

Local Roasted
Red Potatoes
Mouthwatering
Corn

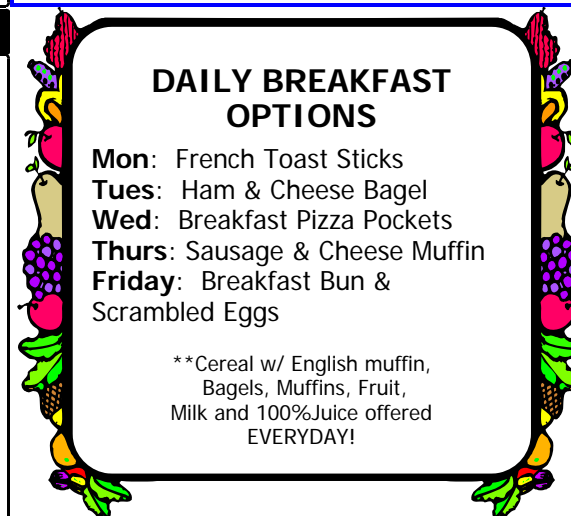
Wheat Dinner Roll

Fresh Fruit
Farm Fresh Milk

DAILY BREAKFAST OPTIONS

Mon: French Toast Sticks
Tues: Ham & Cheese Bagel
Wed: Breakfast Pizza Pockets
Thurs: Sausage & Cheese Muffin
Friday: Breakfast Bun &
Scrambled Eggs

**Cereal w/ English muffin,
Bagels, Muffins, Fruit,
Milk and 100% Juice offered
EVERYDAY!



| Monday, Sept. 13 | Tues., Sept. 14 | Wed., Sept. 15 | Thurs., Sept. 16 | Friday, Sept. 17 |
|---|--|--|--|--|
| <p>Baked Chicken Nuggets With Dipping Sauce</p> <p>Rice Pilaf Fresh Roasted Squash & Zucchini Sticks Oatmeal Dinner Roll Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p> | <p>Homemade Goulash Beef, Red Sauce, Pasta</p> <p>Side Caesar Salad Homemade Garlic Bread Sticks</p> <p>Fresh Fruit Farm Fresh Milk</p> | <p>Homemade Chicken Ranch Double Decker Chicken, Cheese, Ranch & Dough</p> <p>Carrot & Celery Sticks w/Dip Chilled Fruit Cups Happy Birthday Cake</p> <p>Fresh Fruit Farm Fresh Milk</p> | <p>Stir Fried Rice Meat, Rice, Eggs & Veggies</p> <p>Steamed Broccoli Mandarin Orange Cups Fruit Muffin Squares</p> <p>Fresh Fruit Farm Fresh Milk</p> | <p>Homemade Savory Meatloaf w/ Gravy</p> <p>Local Mashed Potatoes Green Peas Wheat Dinner Rolls Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p> |
| Monday, Sept. 20 | Tues., Sept. 21 | Wed., Sept. 22 | Thurs., Sept. 23 | Friday, Sept. 24 |
| <p>Italian Style Meatball Sub</p> <p>Local Baked Potato Steamed Broccoli Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p> | <p>Creamy Mac & Cheese Cornbread Squares</p> <p>Cauliflower, Broccoli & Carrots Mixed Fruit</p> <p>Fresh Fruit Farm Fresh Milk</p> | <p>Harvest Luncheon Vermont Baked Potato Bar Seasoned Beef, Steamed Broccoli, Cabot Sour Cream, Fresh Chives, Homemade Cheese Sauce Local Greens dressed w/ Fresh Apples, Dried Cherries & maple Vinaigrette Hearty Oatmeal Bread Fresh Baked VT. Apples</p> <p>Fresh Fruit Farm Fresh Milk</p> | <p>Nachos Supreme Meat & Cheese Peppers, Tomatoes, Black Olives & Cabot Sour Cream</p> <p>Spanish Rice Garden Salsa w/Fresh Herbs Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p> | <p>Hot Turkey Sandwich w/Gravy</p> <p>Local Mashed Potato Garden Salad Low-Fat Dressings Chilled Fruit Cup</p> <p>Fresh Fruit Farm Fresh Milk</p> |
| Monday, Sept. 27 | Tues., Sept. 28 | Wed., Sept. 30 | Thurs., Sept. 30 | |
| <p>Dress Your Own Burger on a Bun Lettuce, Tomato, Cheese, Onions & Pickle</p> <p>Pasta Salad w/ Fresh Veggies Mouthwatering Corn</p> <p>Fresh Fruit Farm Fresh Milk</p> | <p>Spaghetti w/ Meat Sauce or Marinara</p> <p>Garden Salad Low-Fat Dressings Garlic Bread Sticks</p> <p>Fresh Fruit Farm Fresh Milk</p> | <p>Homemade Cheesy Bread Sticks</p> <p>Vegetable Soup Garden Salad Low-Fat Dressings Marinara Dipping Sauce</p> <p>Fresh Fruit Farm Fresh Milk</p> | <p>Ham & Cheese Double Decker Ham, Cheese & Dough</p> <p>Savory Rice Pilaf Steamed Carrots Low-fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p> | |

Available Daily Meal Options

Hoagieville Deli
Zesty Pizza
Garden Fresh Salad Bar
Yogurt Parfait & String Cheese
Vegetarian Options
OR
Hot Entrée listed

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