

WELCOME BACK



MENU FOR AUGUST 2010

Black River High/Ludlow Elementary

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

Hoagieville Deli Sandwich
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	Tuesday, Aug. 31
	<p>1st Day of School</p> <p>Chicken Sandwich Served on Wheat Roll</p> <p>Oven Baked French Fries Fresh Cherry Tomatoes w/Dip</p> <p>Fresh Fruit Farm Fresh Milk</p>

BUY LOCAL

We support local New England Companies

Cold Hollow Cider
Sunrise Orchards
Vt. Country Farms
McKenzie
Cortland Orchards
Dutton Farm
Deer Ridge Farm
Windham Farm to School Distribution
Fertile Fields
Green Mtn. Orchard
VT. Hydroponic Produce LLC



DAILY BREAKFAST OPTIONS

Mon: French Toast Sticks w/ Warm syrup

Tues: Sausage , Egg & Cheese Muffin

Wed: Healthy Breakfast Pizza

Thurs: Ham & Cheese Bagels

Friday: Breakfast Buns & Scrambled Eggs

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

WELCOME BACK



MENU FOR SEPTEMBER 2010

Black River High/Ludlow Elementary

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Wed., Sept. 1

Dress Your Own Burger on a Bun
Lettuce, Tomato, Cheese, Onions & Pickle

Pasta Salad w/ Fresh Vegetables
Mouthwatering Corn

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

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

Spanish Rice
Creamy Coleslaw

Fresh Fruit
Farm Fresh Milk

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Monday, Sept. 6

Labor Day



NO SCHOOL

Tues., Sept. 7

Fun Shaped Fish Nuggets
Tarter Sauce

French Fries
Fresh Cucumber Sticks w/Ranch Dressing
Wheat Dinner Roll

Fresh Fruit
Farm Fresh Milk

Wed., Sept. 8

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

Brown Rice Pilaf
Steamed Corn
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., Sept. 9

Brunch for Lunch Waffles
w/Maple Syrup or Strawberries & Whipped Cream

Local Potato Wedges
Sausage Links
Chilled Fruit Cups
Warm Fruit Crisp

Fresh Fruit
Farm Fresh Milk

Friday, Sept. 10

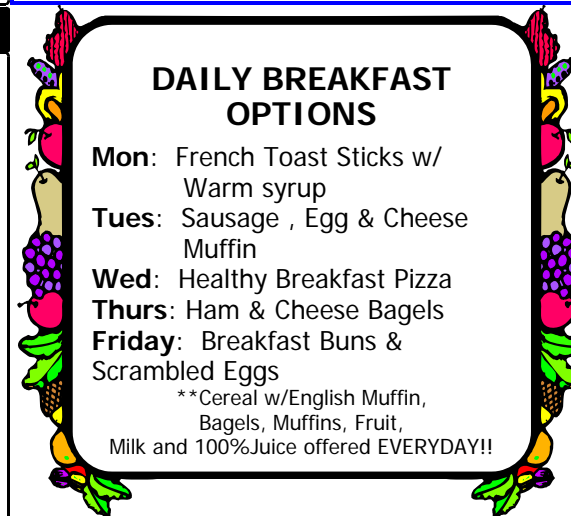
Ham & Cheese Melt on a Wheat Bagel

Rice Pilaf w/ Fresh Veggies
Chilled Fruit Cups

Fresh Fruit
Farm Fresh Milk

DAILY BREAKFAST OPTIONS

Mon: French Toast Sticks w/ Warm syrup
Tues: Sausage, Egg & Cheese Muffin
Wed: Healthy Breakfast Pizza
Thurs: Ham & Cheese Bagels
Friday: Breakfast Buns & 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 Oven Baked Zucchini Sticks Wheat Dinner Roll</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>Chicken Scampi Chicken, Broccoli & Pasta</p> <p>Garden Salad Low-Fat Dressings Chilled Fruit Cups Happy Birthday Cake</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Chinese 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>Chilled Tuna Boat (Tuna in a Bun)</p> <p>Oven Baked French Fries Veggie Sticks w/Dip</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>Piping Hot Local Baked Potato Steamed Broccoli</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Creamy Mac & Cheese Cornbread Squares</p> <p>Cauliflower, Broccoli & Carrots Mixed Fruit Low-Fat Dessert</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 Farm Fresh Milk</p>	<p>Nachos Supreme Meat & Cheese Salsa, Peppers, Tomatoes, Black Olives & Cabot Sour Cream</p> <p>Spanish Rice Seasoned Corn Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>BBQ Pork Rib Sandwich on Wheat Bun</p> <p>Oven Baked Potato Puffs Chilled Fruit Cup</p> <p>Fresh Fruit Farm Fresh Milk</p>
Monday, Sept. 27	Tues., Sept. 28	Wed., Sept. 29	Thurs., Sept. 30	
<p>Dress Your Own Hot Dog in a Bun (Ketchup, Mustard, Onions & Relish)</p> <p>Oven Baked Potato Puffs Baked Beans</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Pasta Bar Rotini or Spaghetti Meat Sauce or Homemade Cheese Sauce</p> <p>Garden Salad Low-Fat Dressings Garlic Bread Sticks</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>In Service</p> <p>No School</p>	<p>Ham & Cheese Melt on a Wheat Bagel</p> <p>Rice Pilaf w/ Fresh Veggies Chilled Fruit Cups Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	

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