

WELCOME BACK



MENU FOR AUGUST 2010

Fairfax Elementary 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 \$1.75
Reduced \$0.40
Adult \$3.00

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
 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 1st Day of School
	Chicken Sandwich Served on Wheat Roll Oven Baked French Fries Fresh Cherry Tomatoes w/Dip Fresh Fruit Farm Fresh Milk

BUY LOCAL

We support local New England Companies

- Valley Dream Farm
- Cold Hollow Cider
- Sunrise Orchards
- Vt. Country Farms
- McKenzie
- Cabot Cooperative
- Westminster Cracker
- Sentinel Orchards
- New England Coffee
- Mazza Farm Stand
- VT. Hydroponic Produce LLC



DAILY BREAKFAST OPTIONS

Mon: French Toast Sticks w/ Warm syrup

Tues: Sausage & Cheese and Egg & Cheese Muffins

Wed: Healthy Breakfast Pizza

Thurs: Sausage & Cheese Bagels and 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

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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

Freshly Made Pepperoni or Cheese Pizza

Garden Salad
Low-Fat Dressings
Applesauce Cup
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

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Yogurt Parfait & String Cheese
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Monday, Sept. 6

Labor Day



NO SCHOOL

Tues., Sept. 7

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

Oven Baked Potato Puffs
Baked Beans

Fresh Fruit
Farm Fresh Milk

Wed., Sept. 8

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

Thurs., Sept. 9

Brunch for Lunch
Waffles w/ Maple Syrup

Hash Browns
Sausage Links
Fruit Cups
Blueberry Cups

Fresh Fruit
Farm Fresh Milk

Friday, Sept. 10

Freshly Made Pepperoni or Cheese Pizza

Vegetable Sticks w/ Ranch Dip
Dried Cherries

Fresh Fruit
Farm Fresh Milk

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Wed: Healthy Breakfast Pizza
Thurs: Sausage & Cheese Bagels and Ham & Cheese Bagels
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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 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>Italian Double Decker w/Ham, Pepperoni, Cheese & Marinara Dipping Sauce</p> <p>Carrot & Celery Sticks 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 Blueberry Muffins</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Freshly Made Pepperoni or Cheese Pizza</p> <p>Garden Salad Low-Fat Dressings Jell-o w/Fruit</p> <p>Fresh Fruit Farm Fresh Milk</p>
Monday, Sept. 20	Tues., Sept. 21	Wed., Sept. 22	Thurs., Sept. 23	Friday, Sept. 24
<p>Local Spaghetti Squash w/ Marinara Sauce & Meatballs</p> <p>Garden Salad Low-Fat Dressings Garlic Bread Sticks Assorted Popsicles</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Creamy Mac & Cheese Cornbread Squares</p> <p>Seasoned Green Beans Mixed Fruit Cup</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>Freshly Made Pepperoni or Cheese Pizza</p> <p>Garden Salad Low-Fat Dressings Chilled Fruit Cup</p> <p>Fresh Fruit Farm Fresh Milk</p>
Monday, Sept. 27	Tues., Sept. 28	Wed., Sept. 29	Thurs., Sept. 30	
<p>Fun Shaped Fish Nuggets Tarter Sauce</p> <p>French Fries Fresh Cucumber Sticks w/Ranch Dressing Wheat Dinner Roll</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Pasta Bar Rotini or Spaghetti Meat Sauce or Homemade Cheese Sauce</p> <p>Fresh Veggie Sticks w/Dip 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>Brown Rice Pilaf Garden Salad Low-Fat Dressings Low-fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	

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