

WELCOME BACK



MENU FOR SEPTEMBER 2010

Grand Isle 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 \$0.75

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



Wed., Sept. 1

1st Day of School
1/2 Day
Oven Baked
Chicken Sandwich
Served on Wheat Bun

Crispy French
Fries
Fresh Cherry
Tomatoes w/Dip

Fresh Fruit
Farm Fresh Milk

Thurs., Sept. 2

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

Pasta Salad w/
Fresh Vegetables
Mouthwatering
Corn

Fresh Fruit
Farm Fresh Milk

Friday, Sept. 3

Freshly Made
Pepperoni, Cheese
or Veggie Pizza

Garden Salad
Low Fat Dressings
Applesauce Cup
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

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, Sept. 6



**NO
SCHOOL**

Tues., Sept. 7

Oven Baked
Chicken Nuggets
w/Dipping Sauce

French Fries
Fresh Cucumber
Sticks w/Ranch
Wheat Dinner Roll

Fresh Fruit
Farm Fresh Milk

Wed., Sept. 8

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

Brown Rice Pilaf
Black Bean & Corn
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
Warm Fruit Crisp

Fresh Fruit
Farm Fresh Milk

Friday, Sept. 10

Freshly Made
Pepperoni, Cheese
or Veggie Pizza

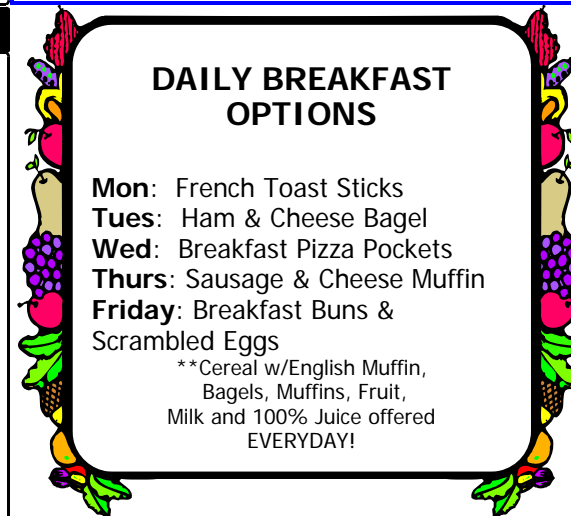
Green Salad
w/Pears
Fruit Cups

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 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>Dress Your Own Hot Dog in a Bun Ketchup, Mustard, Onions, Relish & Sauerkraut</p> <p>Oven Baked Potato Puffs Baked Beans</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Taco Bar W/ the Works Ground Beef, Lettuce, Tomato, Peppers, Salsa, Cabot Sour Cream, Shredded Cheese Crispy Corn Shell</p> <p>Spanish Rice Creamy Rainbow Coleslaw</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>Freshly Made Pepperoni, Cheese or Veggie 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>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 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>Freshly Made Pepperoni, Cheese or Veggie Pizza</p> <p>Side Caesar Salad Fresh Melon Slice</p> <p>Fresh Fruit Farm Fresh Milk</p>
Monday, Sept. 27	Tues., Sept. 28	Wed., Sept. 29	Thurs., Sept. 30	
<p>Grilled Cheese Sandwich</p> <p>Hearty Chicken Noodle Soup w/ Westminster Crackers Garden Salad w/ Apples & Carrots Low-Fat Dressings Low-Fat Dessert</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 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!

DAILY BREAKFAST OPTIONS

Mon: French Toast Sticks
Tues: Ham & Cheese Bagel
Wed: Breakfast Pizza Pockets
Thurs: Sausage & Cheese Muffin
Friday: Breakfast Buns & Scrambled Eggs
**Cereal w/English Muffin, Bagels, Muffins, Fruit, Milk and 100% Juice offered EVERYDAY!

BUY LOCAL

We support local New England Companies

Cold Hollow Cider
Hackett's Orchard
Mazza Farm Stand
Westminster Cracker
Sunrise Orchards
Pomykala Farm
Sentinel Orchards
Cabot Cooperative
Vt. Country Farms
VT. Hydroponic Produce LLC

