

WELCOME BACK



MENU FOR AUGUST 2010

Mill River Union High 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 \$1.25
Reduced Free
Adult \$1.75

Lunch

Paid \$2.00
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
		<p>1st Day Grades 7,9 & 9</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>1st Day All Grades</p> <p>Buffalo Chicken Wrap Cheese, Lettuce, & Tomato Ranch or Blue Cheese</p> <p>Rice Pilaf Fresh Cherry Tomatoes w/Dip April's Famous Brownies</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Spaghetti w/ Meat Sauce or Marinara</p> <p>Garden Salad Low-Fat Dressings Garlic Breadsticks</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Hoagieville Deli Zesty Pizza Garden Fresh Salad Bar Popular Express Lane Yogurt Parfait & String Cheese Vegetarian Options OR Hot Entrée listed</p>

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

<p>Monday, Aug. 30</p> <p>Italian Style Double Decker w/ Ham, Pepperoni & Cheese Between Bread Dough</p> <p>Marinara Dipping Sauce Rice Pilaf Steamed Broccoli</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Tuesday, Aug. 31</p> <p>Grilled Ham & Cheese Sandwich</p> <p>Home Style Potato Salad Fresh Melon Salad Homemade Sugar Cookie</p> <p>Fresh Fruit Farm Fresh Milk</p>
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BUY LOCAL

We support local New England Companies

Cold Hollow Cider
 Vt. Country Farms
 McKenzie
 Mazza Farm Stand
 Westminster Cracker
 Sentinel Orchards
 Cabot Cooperative
 Champlain Orchards
 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

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. 2

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

Chilled Fruit Cup Homemade Dinner Roll

Fresh Fruit Farm Fresh Milk

Friday, Sept. 3

Homemade Savory Meatloaf w/ Gravy

Local Mashed Potatoes Green Peas Wheat Dinner Rolls Low-Fat Dessert

Fresh Fruit Farm Fresh Milk

Available Daily Meal Options

Hoagieville Deli Zesty Pizza Garden Fresh Salad Bar Popular Express Lane 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

Grilled Hot Dogs w/The Works Ketchup, Mustard, Relish & Onions

Fresh Local Potato Wedges Veggie Sticks w/ Dip

Fresh Fruit Farm Fresh Milk

Wed., Sept. 8

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

Brown Rice Pilaf Creamy Coleslaw Low-Fat Dessert

Fresh Fruit Farm Fresh Milk

Thurs., Sept. 9

Brunch for Lunch Waffles w/ Maple Syrup

Hash Browns Sausage Links Fruit Cups Warm Fruit Crisp

Fresh Fruit Farm Fresh Milk

Friday, Sept. 10

Italian Style Calzones
 Pepperoni, Ham & Veggie

Garden Salad Low-Fat Dressings Chilled Fruit Cup

Fresh Fruit Farm Fresh Milk

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!!

Monday, Sept. 13	Tues., Sept. 14	Wed., Sept. 15	Thurs., Sept. 16	Friday, Sept. 17
Philly Cheese Steak On a Bun Shaved steak, Cheese, Onions & Peppers French Fries Fresh Oven Baked Zucchini Sticks Wheat Dinner Roll Low-Fat Dessert Fresh Fruit Farm Fresh Milk	Homemade Goulash Beef, Red Sauce, Pasta Side Caesar Salad Homemade Garlic Bread Sticks Fresh Fruit Farm Fresh Milk	Homemade Chicken Ranch Double Decker Carrot & Celery Sticks w/Dip Chilled Fruit Cups Happy Birthday Cake Fresh Fruit Farm Fresh Milk	Chinese Fried Rice Meat, Rice, Eggs & Veggies Steamed Broccoli Mandarin Orange Cups Fruit Muffin Squares Fresh Fruit Farm Fresh Milk	Gourmet Stromboli Filled with Ham, Veggies or Pepperoni, Cheese in Rolled Pizza dough Garden Salad Low-Fat Dressings Jell-o w/Fruit Fresh Fruit Farm Fresh Milk

Available Daily Meal Options

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

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Monday, Sept. 20	Tues., Sept. 21	Wed., Sept. 22	Thurs., Sept. 23	Friday, Sept. 24
Local Spaghetti Squash w/ Marinara Sauce & Meatballs Garden Salad Low-Fat Dressings Garlic Bread Sticks Assorted Popsicles Fresh Fruit Farm Fresh Milk	Creamy Mac & Cheese Cornbread Squares Seasoned Green Beans Mixed Fruit Fresh Fruit Farm Fresh Milk	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	Nachos Supreme Meat & Cheese Salsa, Peppers, Tomatoes, Black Olives & Cabot Sour Cream Spanish Rice Seasoned Corn Low-Fat Dessert Fresh Fruit Farm Fresh Milk	Hot Turkey Sandwich w/Gravy Local Mashed Potato Garden Salad Low-Fat Dressings Chilled Fruit Cup Fresh Fruit Farm Fresh Milk

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!!

Monday, Sept. 27	Tues., Sept. 28	Wed., Sept. 29	Thurs., Sept. 30
Beef Broccoli Stir Fry Served over White Rice Topped with Chow Mein Noodles Sautéed Cabbage Fruit Muffins Fresh Fruit Farm Fresh Milk	Pasta Bar Rotini or Spaghetti Meat Sauce or Homemade Cheese Sauce Fresh Veggie Sticks w/Dip Garlic Bread Sticks Fresh Fruit Farm Fresh Milk	Homemade Cheesy Bread Sticks Vegetable Soup Garden Salad Low-Fat Dressings Marinara Dipping Sauce Fresh Fruit Farm Fresh Milk	Ham & Cheese Double Decker Ham, Cheese & Dough Savory Rice Pilaf Garden Salad Low-Fat Dressings Low-fat Dessert Fresh Fruit Farm Fresh Milk



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