

# WELCOME BACK



## MENU FOR AUGUST 2010

### Proctor 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](http://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** \$3.00

**Milk** \$0.50

#### Comments or Suggestions?

Call or email  
 The Abbey Group  
 1-800-696-4748  
[coments@abbeygroup.net](mailto: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
		<b>1st Day of School</b> Dress Your Own Burger on a Bun Lettuce, Tomato, Cheese, Onions & Pickle  Oven Baked French Fries Carrot & Celery Sticks w/Dip  Fresh Fruit Farm Fresh Milk	Buffalo Chicken Wrap Buffalo Chicken, Blue Cheese Dressing & Soft Flour Tortilla  Rice Pilaf Fresh Cherry Tomatoes w/Dip Sugar Cookies  Fresh Fruit Farm Fresh Milk	Freshly Made Pepperoni or Cheese Pizza  Garden Salad Low-Fat Dressings Fruit Juice Shape Ups  Fresh Fruit Farm Fresh Milk

### Available Daily Meal Options

Hoagieville Deli  
 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
Chicken Patty Sandwich on Wheat Roll w/ Lettuce & Tomato  Ranch Rice Pilaf Fresh Cucumber Sticks w/Dip Louise's Famous Brownies  Fresh Fruit Farm Fresh Milk	Spaghetti w/ Meat or Marinara Sauce  Garden Salad Low-Fat Dressings Garlic Bread Sticks  Fresh Fruit Farm Fresh Milk

### 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	Thurs., Sept. 2	Friday, Sept. 3
Taco Bar W/ the Works Ground Beef, Lettuce, Tomato, Peppers, Salsa, Cabot Sour Cream, Shredded Cheese Crispy Corn Shell	Chicken Caesar Salad Romaine, Chicken, Croutons & Creamy Caesar Dressing	Freshly Made Pepperoni or Cheese Pizza
Spanish Rice Creamy Coleslaw	Chilled Fruit Cup Homemade Dinner Roll	Garden Salad Low-Fat Dressings Applesauce Cup Low-Fat Dessert
Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk

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Monday, Sept. 6	Tues., Sept. 7	Wed., Sept. 8	Thurs., Sept. 9	Friday, Sept. 10
<b>Labor Day</b>  <b>NO SCHOOL</b>	Grilled Hot Dog in a Bun (Ketchup, Mustard, Onions & Relish)	Chicken & Cheese Fajitas Cabot Sour Cream & Salsa Soft Flour Tortilla	Brunch for Lunch Waffles w/ Maple Syrup	Freshly Made Pepperoni or Cheese Pizza
	Fresh Local Potato Wedges Baked Beans	Brown Rice Pilaf Creamy Coleslaw Low-Fat Dessert	Hash Browns Sausage Links Fruit Cups Warm Fruit Crisp	Vegetable Sticks w/Ranch Dip Fresh Watermelon Slice
	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk

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Monday, Sept. 13	Tues., Sept. 14	Wed., Sept. 15	Thurs., Sept. 16	Friday, Sept. 17
<b>Philly Cheese Steak On a Bun</b> Shaved steak, Cheese, Onions & Peppers  French Fries Fresh Oven Baked Zucchini Sticks Wheat Dinner Roll Low-Fat Dessert  Fresh Fruit Farm Fresh Milk	<b>Homemade Goulash</b> Beef, Red Sauce, Pasta  Side Caesar Salad Homemade Garlic Bread Sticks  Fresh Fruit Farm Fresh Milk	<b>Homemade Chicken Ranch Double Decker</b>  Carrot & Celery Sticks w/Dip Chilled Fruit Cups Happy Birthday Cake  Fresh Fruit Farm Fresh Milk	<b>Chinese Fried Rice</b> Meat, Rice, Eggs & Veggies  Steamed Broccoli Mandarin Orange Cups Fruit Muffin Squares  Fresh Fruit Farm Fresh Milk	<b>Gourmet Stromboli</b> 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
Monday, Sept. 20	Tues., Sept. 21	Wed., Sept. 22	Thurs., Sept. 23	Friday, Sept. 24
<b>Local Spaghetti Squash w/ Marinara Sauce &amp; Meatballs</b>  Garden Salad Low-Fat Dressings Garlic Bread Sticks Assorted Popsicles  Fresh Fruit Farm Fresh Milk	<b>Creamy Mac &amp; Cheese</b> Cornbread Squares  Seasoned Green Beans Mixed Fruit  Fresh Fruit Farm Fresh Milk	<b>Harvest Luncheon Vermont Baked Potato Bar</b> 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	<b>Nachos Supreme Meat &amp; Cheese</b> Salsa, Peppers, Tomatoes, Black Olives & Cabot Sour Cream  <b>Spanish Rice</b> Seasoned Corn Low-Fat Dessert  Fresh Fruit Farm Fresh Milk	<b>Freshly Made Pepperoni or Cheese Pizza</b>  Garden Salad Low-Fat Dressings Chilled Fruit Cup  Fresh Fruit Farm Fresh Milk
Monday, Sept. 27	Tues., Sept. 28	Wed., Sept. 29	Thurs., Sept. 30	
<b>Beef Broccoli Stir Fry</b> Served over White Rice Topped with Chow Mein Noodles  Sautéed Cabbage Fruit Muffins  Fresh Fruit Farm Fresh Milk	<b>Pasta Bar</b> Rotini or Spaghetti Meat Sauce or Homemade Cheese Sauce  Fresh Veggie Sticks w/Dip Garlic Bread Sticks  Fresh Fruit Farm Fresh Milk	<b>Homemade Cheesy Bread Sticks</b>  Vegetable Soup Garden Salad Marinara Dipping Sauce  Fresh Fruit Farm Fresh Milk	<b>Ham &amp; Cheese Double Decker</b> Ham, Cheese & Dough  Savory Rice Pilaf Garden Tossed Salad Low-fat Dessert  Fresh Fruit Farm Fresh Milk	

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