

This institution is an equal opportunity provider and employer.

Prices	
Breakfast	
Paid	\$1.00
Reduced	Free
Adult	\$1.50
Lunch	
Paid	\$2.00
Reduced	\$0.40
Adult	\$3.25
Milk	\$0.5



Comments or Suggestions?

Call or email
The Abbey Group

1-800-696-4748
coments@abbeygroup.net

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.

Mon., March 1	Tues., March 2	Wed., March 3	Thurs., March 4	Friday, March 5
Chicken Sandwich Served on Wheat Roll Potato Wedges Glazed Carrots Low-Fat Dessert Fresh Fruit Farm Fresh Milk	Creamy Chicken Alfredo Chicken, Pasta, Cheese Steamed Broccoli Chilled Fruit Cups Fruit Muffins Fresh Fruit Farm Fresh Milk	Taco Bar W/ the Works <small>Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.</small> Spanish Rice Creamy Coleslaw Low-Fat Dessert Fresh Fruit Farm Fresh Milk	Hearty Chicken Noodle Soup w/ Crackers Grilled Cheese Garden Salad Fresh Fruit Farm Fresh Milk	Freshly Made Pepperoni & Cheese Pizza Garden Salad Low Fat Dressings Jell-O with Fruit Fresh Fruit Farm Fresh Milk

Available Daily Meal Options

Hoagieville Deli

Garden Fresh Salad Bar

Cabot Yogurt & String Cheese

Vegetarian Options
OR
Hot Entrée listed

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

Mon., March 8	Tues., March 9	Wed., March 10	Thurs., March 11	Friday, March 12
National School Breakfast Week Spaghetti Meat & Marinara Sauce Garden Salad Low-fat Dressing Garlic Bread Sticks Fresh Fruit Farm Fresh Milk	National School Breakfast Week Chicken & Cheese Quesadillas Sour Cream & Salsa Steamed White Rice Roasted Zucchini Low-Fat Dessert Fresh Fruit Farm Fresh Milk	National School Breakfast Week Whole Wheat Pancakes w/ Warm Syrup Hash Browns Sausage Links Fruit Cups Fresh Fruit Farm Fresh Milk	National School Breakfast Week Baked Potato Bar <small>Seasoned Beef, Bacon Bits, Cheese Sauce, Broccoli, Sour Cream & Chives</small> Caesar Salad Homemade Wheat Rolls Happy Birthday Cake Fresh Fruit Farm Fresh Milk	National School Breakfast Week Freshly Made Pepperoni & Cheese Pizza Vegetable Sticks w/ Ranch Dip Fruit Cups Fresh Fruit Farm Fresh Milk

Daily Breakfast Options

Mon: Egg & Cheese Burritos
Tues: Sausage & Cheese and Egg & Cheese Muffins
Wed: Healthy Breakfast Pizza
Thurs: Sausage & Cheese Bagels and Ham & Cheese Bagels
Friday: Cinnamon Buns w/Icing
 **Cereal, Bagels, Muffins, Fruit, Milk and 100% Juice offered EVERYDAY!

Mon., March 15

Baked Chicken Nuggets
With Dipping Sauce

Ranch Rice Pilaf
Steamed Broccoli
Wheat Dinner Roll

Fresh Fruit
Farm Fresh Milk

Tues., March 16

Homemade Goulash
Beef, Red Sauce, Pasta

Side Caesar Salad
Homemade
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Wed., March 17

Happy St. Patrick's Day
Homemade Sheppard's Pie

Pot of Gold Veggies
Warm Irish Soda Bread
Lucky Low-Fat Dessert
Fresh Fruit
Farm Fresh Milk

Thurs., March 18

Localvore Day
McKenzie Hotdogs
With all the fixings

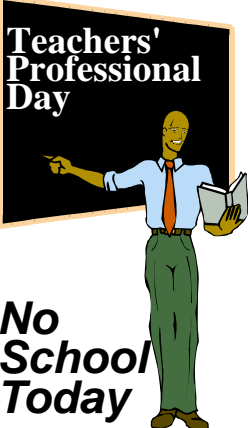
Tuna Mac Salad
Vegetable Sticks

Warm Apple Sauce Cup
with New England Apples & Cinnamon

Farm Fresh Milk

Friday, March 19

Teachers' Professional Day



No School Today



BUY LOCAL

We support local New England Companies

- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Vt. Country Farms
- McKenzie
- Mazza Farm Stand
- Westminster Cracker Co.
- Sentinel Orchards
- Cabot Cooperative
- Champlain Orchards
- New England Coffee

Mon., March 22

Dress Your Own Burger
Lettuce, Tomato, Cheese, Onions & Pickle

Pasta Salad
Mouthwatering Corn

Fresh Fruit
Farm Fresh Milk

Tues., March 23

Pasta Bar
Macaroni or Spaghetti
Meat & Cheese Sauce

Garden Salad
Low-Fat Dressing
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Wed., March 24

Hearty Homemade Turkey Potpie

Mixed Vegetables
Cranberry Sauce
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thurs., March 25

Nachos Supreme
Meat & Cheese
Salsa, Peppers, Tomatoes, Black Olives & Sour Cream

Spanish Rice
Creamy Cole Slaw
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Friday, March 26

Homemade Cheesy Bread Sticks

Vegetable Soup
Garden Salad
Marinara Dipping Sauce

Fresh Fruit
Farm Fresh Milk

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.
866-933-4205 X24

Mon., March 29

Chicken Lo mien
Chinese Style
Chicken, Veggies, Soy Sauce

Chilled Mandarin Orange Cups
Homemade Fruit Muffins

Fresh Fruit
Farm Fresh Milk

Tues., March 30

Ham & Cheese Double Decker

Garden Salad
Steamed Carrots
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Wed., March 31

Oven Baked Breaded Chicken

Rice Pilaf w/ Vegetables
Steamed Corn
Dinner Roll

Fresh Fruit
Farm Fresh Milk



The Abbey Group



Menus for March 2010



ORWELL VILLAGE SCHOOL

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