



This institution is an equal opportunity provider and employer.

Prices	
Breakfast	
Paid	\$0.85
Reduced	Free
Adult	\$1.50
Lunch	
Paid	\$1.50
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

**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.

**Mon., March 1**

**NO SCHOOL WINTER BREAK**

**Tues., March 2**

**NO SCHOOL WINTER BREAK**

**Wed., March 3**

Chicken Sandwich Served on Wheat Roll  
  
Potato Wedges  
Glazed Carrots  
Low-Fat Dessert  
  
Fresh Fruit  
Farm Fresh Milk

**Thurs., March 4**

**Localvore Day**  
Vermont Baked Potato Bar  
Seasoned Beef, Bacon Bits, Cheese Sauce, Broccoli, Sour Cream & Chives  
Spinach Salad w/Maple Vinaigrette  
Homemade Wheat Roll  
  
Fresh Fruit  
Farm Fresh Milk

**Friday, March 5**

Freshly Made Pepperoni & Cheese Pizza  
  
Garden Salad  
Low Fat Dressings  
Watermelon Slices  
  
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**

**National School Breakfast Week**  
Spaghetti Meat & Marinara Sauce  
  
Garden Salad  
Low-fat Dressing  
Garlic Bread Sticks  
  
Fresh Fruit  
Farm Fresh Milk

**Tues., March 9**

**National School Breakfast Week**  
Chicken & Cheese Fajitas  
Sour Cream & Salsa  
  
Steamed Brown Rice  
Roasted Zucchini  
Low-Fat Dessert  
  
Fresh Fruit  
Farm Fresh Milk

**Wed., March 10**

**National School Breakfast Week**  
Piping Hot Waffles w/ Warm Syrup  
  
Hash Browns  
Sausage Links  
Fruit Cups  
  
Fresh Fruit  
Farm Fresh Milk

**Thurs., March 11**

**National School Breakfast Week**  
Hearty Chicken Noodle Soup w/ Crackers  
  
Grilled Cheese  
Garden Salad  
Happy Birthday Cake  
  
Fresh Fruit  
Farm Fresh Milk

**Friday, March 12**

**National School Breakfast Week**  
Freshly Made Pepperoni & Cheese Pizza  
  
Vegetable Sticks  
Hummus Dip  
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:** Cinnamon Buns w/Icing

\*\*Cereal, Bagels, Muffins, Fruit, Milk and 100% Juice offered EVERYDAY!

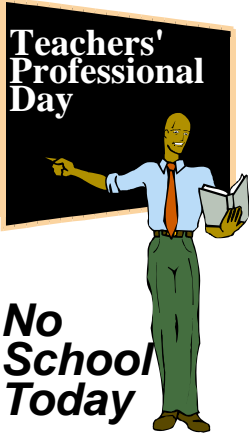
Mon., March 15	Tues., March 16	Wed., March 17	Thurs., March 18	Friday, March 19
Baked Chicken Nuggets With Dipping Sauce	Taco Bar W/ the Works <small>Lettuce, Tomato, Peppers, Salsa, Sour Cream &amp; Cheese.</small>	<b>Happy St. Patrick's Day</b> Homemade Sheppard's Pie	Roasted Hotdogs With all the fixings	Freshly Made Pepperoni & Cheese Pizza
Ranch Rice Pilaf Steamed Broccoli Wheat Dinner Roll	Spanish Rice Creamy Coleslaw Low-fat Dessert	Pot of Gold Veggies Warm Irish Soda Bread Lucky Low-Fat Dessert	Pasta Salad w/ Tuna Vegetable Sticks	Garden Salad Low Fat Dressings Fruit Shape Ups
Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Warm Apple Sauce Cup with New England Apples & Cinnamon  Farm Fresh Milk	Fresh Fruit Farm Fresh Milk



**BUY LOCAL**

We support local New England Companies

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

Mon., March 22	Tues., March 23	Wed., March 24	Thurs., March 25	Friday, March 26
Dress Your Own Burger <small>Lettuce, Tomato, Cheese, Onions &amp; Pickle</small>	Pasta Bar Macaroni or Spaghetti Meat & Cheese Sauce	Nachos Supreme Meat & Cheese <small>Salsa, Peppers, Tomatoes, Black Olives &amp; Sour Cream</small>	<b>1/2 DAY BREAKFAST ONLY</b>	Teachers' Professional Day
Pasta Salad Mouthwatering Corn	Garden Salad Low-Fat Dressing Garlic Bread Sticks	Spanish Rice Creamy Cole Slaw Low-Fat Dessert		 <b>No School Today</b>
Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	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	Tues., March 30	Wed., March 31
Fish Sandwich on a Bun	Homemade Cheesy Bread Sticks	Oven Baked Breaded Chicken
Seasoned Sweet & White Potato Wedges Green Peas	Tomato, Beef, Mac Soup Garden Salad Marinara Dipping Sauce	Roasted Vegetables Steamed Corn Homemade Wheat Dinner Rolls
Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk	Fresh Fruit Farm Fresh Milk




Menus for March 2010

**ST. ALBANS CITY SCHOOL**

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