

Daily Alternatives

Villa Augustina School **February 2009**



Hoagieville Deli Bar
Garden Fresh Chef Salad
Cabot Yogurt
Vegetarian Options Daily

Monday	Tuesday	Wednesday	Thursday	Friday
 www.abbeygroup.net comments@abbeygroup.net		Taste Test available Everyday! 		We will have a Vegetarian or Fish option available during Lent.

**We support local
 New England Companies**
 Green Mountain Coffee
 Cabot Cooperative
 Westminster Cracker Co.

2	3	4	5	6
Spaghetti Luncheon ♥Steamed Broccoli Warm Garlic Bread Happy Birthday Februaryites Happy Birthday Cake ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Baked Potato Bar ♥ Seasoned Beef, Bacon Bits Sour Cream, Cheese Sauce ♥Garden Salad & Dinner Roll ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Home Baked Double Decker (ham & cheese between dough) ♥Fresh Garden Tossed Salad ♥Chilled Fruit Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Baked Chicken Nuggets ♥Oven Baked Tots ♥Crunchy Vegetables and Dip ♥Oatmeal Dinner Rolls ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Chilled Mixed Fruit ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk



For Healthy Eating Tips
www.myramid.gov

9	10	11	12	13
Dress Your Own Burger pickles, ♥lettuce, ♥tomatoes, & cheese ♥Mouth Watering Corn ♥Seasoned Potato Wedges ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	American Chop Suey ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Garlic Bread ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	New England Day New England Corn Chowder Westminster Crackers Grill Cheese Sandwich ♥Garden Caesar Salad New England Apple Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Happy Valentines Day Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Chilled Mixed Fruit ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Breakfast only

Daily Breakfast Options
 Mon., Egg and Cheese Muffins
 Tues., Ham & Cheese Bagels
 Wed., Combo Bars
 Thurs., Sausage Muffins
 Fri., Cinnamon Buns
 Cereal, Bagels, Muffins, Fruit,
 Milk and Juice offered daily

16	17	18	19	20
Oven Baked Chicken Sandwich Fresh Served on Whole Wheat Roll ♥Healthy Pasta Salad ♥Crunchy Vegetables and Dip ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Pasta Bar w/ Cheese or Meat Sauce Rotini or Spaghetti ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Garlic Bread Sticks ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Grilled Ham & Cheese Creamy Tomato Soup Westminster Crackers ♥Veggie Sticks & Fruit Cups ♥Homemade Sugar Cookies ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Taco Bar w/ the Works! Lettuce, Tomato, Cheese Cabot Sour Cream, Salsa, Peppers ♥Spanish Rice ♥Fresh Homemade Coleslaw ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Chilled Mixed Fruit ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk

Prices
 Regular Priced Breakfast, \$1.25
 Reduced Priced Breakfast, \$.30
 Regular Priced Lunch, \$2.50
 Reduced Priced Lunch, \$.40
 Vermont Farm Fresh Milk, \$.50
 Assorted Juice Box, \$.50
 Adult Lunch Price, \$3.25

23	24	25	26	27
NO School	NO School	NO School	NO School	NO School

Parents Wanted! Now accepting applications for the Food Service. Call Scott at the Abbey Group, 1-866-933-4205 x26 or online applications at www.abbeygroup.net
If your income has changed for any reason, you may apply for free or reduced priced meals anytime. "This Institution is an equal opportunity provider."

Our menus are designed to meet the dietary guidelines of 30% or less fat from calories. This institution is an equal opportunity provider. [Menus may change due to school closings without notice.](#)