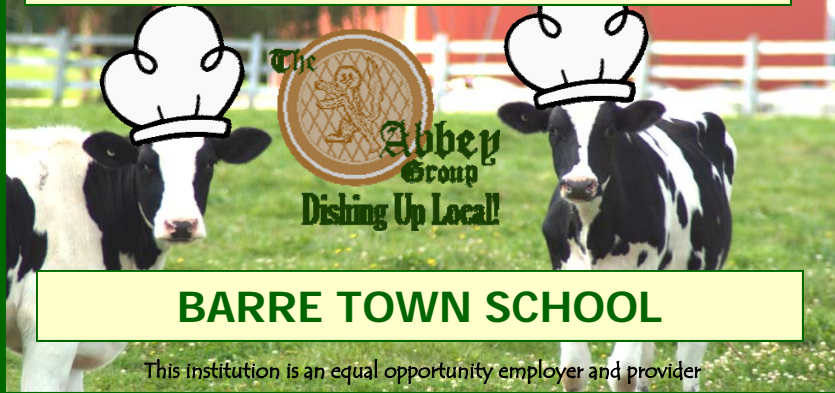


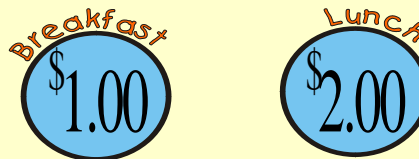
MENUS FOR FEBRUARY 2012



BARRE TOWN 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 \$1.00
Reduced Free
Adult \$1.50

Lunch

Paid \$2.00
Reduced \$0.40
Adult \$3.25

Milk \$0.50

Comments or Suggestions?

Call or email
 The Abbey Group
 1-800-696-4748
comments@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

AVAILABLE DAILY MEAL OPTIONS

MENUS ARE SUBJECT TO CHANGE

Hoagieville Deli
Zesty Pizza

Grab-n-Go Deli Sandwiches & Salads
Garden Fresh Salad Bar
Cabot 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!



Wed., Feb 1

Brunch For Lunch

Waffles w/
 Warm Syrup

Sweet & White
 Home Fries
 Sausage Links

Fresh Fruit
 Farm Fresh Milk

Thurs., Feb 2

Fiesta

Taco Bar w/
 The Works
 Seasoned Taco Meat,
 Shredded Cheese,
 Lettuce, Onions, Salsa,
 & Soft Flour Tortilla

Spanish Rice
 Creamy Coleslaw
 Low-Fat Dessert

Fresh Fruit
 Farm Fresh Milk

Friday, Feb 3

Catch of the Day

Dockside Fish
 Sandwich on
 Wheat Roll w/
 Tarter Sauce

Broccoli Carrot
 Salad

Fresh Fruit
 Farm Fresh Milk

Mon., Feb. 6

Chicken Mania

Grilled Chicken
 Sandwich on
 Wheat Roll

Zesty Lemon
 Couscous
 Fresh Carrot
 Sticks w/Dip

Fresh Fruit
 Farm Fresh Milk

Tues., Feb 7

American Made

Hearty
 Macaroni &
 Cheese

**Roasted Beet
 Wedges**
 Homemade
 Cornbread

Fresh Fruit
 Farm Fresh Milk

Wed., Feb 8

Localvore Day

Local Baked
 Potato Bar
 Chili, Homemade Cheese
 Sauce, Fresh Steamed
 Broccoli, Cabot Sour Cream
 & Fresh Chives

Spinach Salad w/
 Apples & Maple
 Vinaigrette
 Local Apple Muffin

Fresh Fruit
 Farm Fresh Milk

Thurs., Feb 9

Fiesta

Chicken Enchilada
 Or Bean & Cheese
 Enchilada
 in Soft Flour Tortilla

Brown Rice Pilaf
 Steamed Peas
 Happy Birthday Cake

Fresh Fruit
 Farm Fresh Milk

Friday, Feb 10

Itza Pizza

Chef's Specialty
 Pizza

Side Caesar
 Salad
 Chilled Fruit Cup

Fresh Fruit
 Farm Fresh Milk

DAILY BREAKFAST OPTIONS

Mon: Whole Grain French Toast Sticks

Tues: Ham & Cheese on Whole
 Wheat Bagel

Wed: Breakfast Pizza Pockets

Thurs: Sausage & Cheese on Whole Wheat
 English Muffin

Friday: Breakfast Buns & Scrambled Eggs

**Cereal w/English Muffin, Yogurt Parfait,
 Bagels, Muffins, Fruit,
 Milk and 100% Juice offered
EVERYDAY!

Mon., Feb 13 Dog Days Oven Roasted Hot Dog on Wheat Bun Ketchup, Mustard, Relish, Onions Crispy French Fries Baked Beans Fresh Fruit Farm Fresh Milk	Tues., Feb 14 Happy Valentines Day Wheat Spaghetti or Spaghetti Squash w/ Meat or Garden Marinara Sauce Chopped Green Salad w/Herb Dressing Homemade Garlic Breadsticks Be Mine Valentine Dessert Fresh Fruit Farm Fresh Milk	Wed., Feb 15 Soup & Sandwich Grilled Cheese Sandwich on Wheat Bread Hearty Harvest Soup Carrot Sticks w/Dip Fresh Fruit Farm Fresh Milk	Thurs., Feb 16 Fiesta Cheesy Quesadilla or Chicken & Cheese Quesadilla on Soft Flour Tortilla w/ Salsa Brown Rice Pilaf Brilliant Peas Beetnick Cake Fresh Fruit Farm Fresh Milk	Friday, Feb 17 Calzone Crazy! Italian Style Calzones Pepperoni or Ham & Cheese Filled Fresh Broccoli Sprigs w/ Hummus Dip Fresh Fruit Farm Fresh Milk
---	--	---	--	---

We Support Local New England Companies

Taplin Hill Sugar Works Barre Town School Garden VT. County Farms Cabot Cooperative Westminster Crackers New England Coffee Champlain Orchards VT. Hydroponic Produce LLC	Food Works Sentinel Orchards McKenzie Mazza Farm Stand Cold Hollow Cider Sunrise Orchards
--	--

Mon., Feb 20 Chicken Mania Oven Baked Chicken Nuggets w/Dipping Sauce Seasoned Sweet Potato Wedges Oatmeal Muffin Squares Fresh Fruit Farm Fresh Milk	Tues., Feb 21 Mardi Gras Taste Test: Chicken Jambalaya Just Like Ma's Rotini Pasta Bake Meat, Tomato Sauce & Pasta Seasoned Green Beans Wheat Dinner Roll Mardi Gras Sugar Cookies Fresh Fruit Farm Fresh Milk	Wed., Feb 22 Soup & Cheesy Breadsticks Homemade Cheesy Breadstick Marinara Dipping Sauce Hearty Chicken & Vegetable Noodle Soup Fresh Fruit Farm Fresh Milk	Thurs., Feb 23 Fiesta Nachos Supreme Seasoned Taco Meat, Nacho Cheese Sauce, Lettuce, Salsa & Corn Tortilla Chips Rice w/Black Beans & Corn Broccoli/Carrot Salad Low-Fat Dessert Fresh Fruit Farm Fresh Milk	Friday, Feb 24 Taste of Home Hearty Hot Turkey Sandwich w/Gravy Chef's Mashed Potato Side Caesar Salad Fresh Fruit Farm Fresh Milk
---	--	---	---	---


Whole grain options offered daily



Mon., Feb 27 Winter Break	Tues., Feb 28 Winter Break	Wed., Feb 29 Winter Break
--	---	--



Vegetable of the Month: Beets




Beets are root vegetables like carrots and turnips. Pick beets that are round and red. Although there are other varieties that come in different colors. Avoid dry or cracked beets. Store beets in refrigerator. Beets are high in Vitamin C and folate.

Beetnick Cake

- 2 cups Beets (cooked and mashed)
- 4 eggs
- 2 cups sugar
- 1.5 cups oil
- 2 tsp. vanilla
- 3/4 cup cocoa
- 2.5 cups flour
- 1 tsp. salt

Mix all ingredients together thoroughly. Bake in greased 9 X 13 pan at 350 degrees For 40 minutes (24 servings).



ClipartOf.com/62654