



This Institution is an equal opportunity provider
Menus are subject to change



Sunday, February 4 -Super Bowl

Wednesday, February 14–

Valentines Day



Monday February 19 – President's Day

Lent Begins Wednesday February 14
Vegetarian options will be available

Mon., Feb. 5

Chicken & Biscuits
Steamed Peas & Carrots
Fresh Fruit & Veggie Bar

Tues., Feb. 6

Taste Test Event
Taco Bar w/ Soft Shell
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Feb. 7

Cheesy Breadsticks w/ Marinara Sauce
Minestrone Soup
Fresh Fruit & Veggie Bar

Thurs., Feb. 8

Macaroni & Cheese
Cornbread
Sautéed Cabbage
Fresh Fruit & Veggie Bar

Fri., Feb. 9

Oven Baked BBQ Chicken
Roasted Sweet Potato Wedges
Dinner Roll
Fresh Fruit & Veggie Bar

Thurs., Feb. 1

Cheesy Ravioli Bake Or Lasagna
Garlic Breadstick
Fresh Fruit & Veggie Bar

Fri., Feb. 2

Super Bowl Party
Chili Dogs
Roasted Sweet Potato Wedges
Fresh Fruit & Veggie Bar
Super Bowl Dessert

Mon., Feb. 12

Chicken Patty Sandwich
Lettuce & Tomato
Oven Baked French Fries
Fresh Fruit & Veggie Bar

Tues., Feb. 13

Nachos Supreme
Rice Pilaf
Fresh Fruit & Veggie Bar

Wed., Feb. 14

Valentines Day
Buffalo Chicken Dip w/Tortilla Chips
Broccoli Salad
Caesar Salad
Valentines Dessert

Thurs, Feb. 15

Spaghetti w/ Meat Sauce
Garlic Breadstick
Fresh Fruit & Veggie Bar

Fri., Feb. 16

BBQ Pork Sandwich
Creamy Coleslaw
Fresh Fruit & Veggie Bar

Mon., Feb. 19

No School

Tues., Feb. 20

No School

Wed., Feb. 21

No School

Thurs, Feb. 22

No School

Fri., Feb. 23

No School

Mon., Feb. 26

General Tso's Chicken served Over Rice
Asian Cabbage Salad
Fresh Fruit & Veggie Bar

Tues., Feb. 27

Pancakes w/ Warm Syrup
Scrambled Eggs
Sweet & White Home Fries
Fresh Fruit & Veggie Bar

Wed., Feb. 28

Birthday Celebration
Dress Your Own Burger
Garden Pasta Salad
Fresh Fruit & Veggie Bar



Waits River Valley School Lunch
February 2018

Daily Lunch Offerings:

Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or
Pizza

Offered with all Meals
Fresh Fruit & Veggie Bar &
Vegetable Soup
Hood Milk: Skim, 1% white or Fat-Free Chocolate

Taste Test Event
Tuesday
February 6, 2018

Featuring
Cabbage

Harvest of the Month
February
Cabbage



Prices

Community Eligibility Provision

Meals to all Students are Free

Adult Breakfast	\$2.10	Adult Lunch	\$3.75
		Milk	\$0.50

Pay for meals on-line

For free on-line service go to

<http://www.abbeygroup.net>

Search for Your School and Click the K12 Payment Center link

Local Products Used when available

We Support Local New England Companies


Koffee Kup Bakery/VT Bread Co.– Breads & Rolls
Cabot Cooperative- Yogurt, Sour Cream
King Arthur Flour- Dinner Rolls, Pizza Dough
Chappelle's Potatoes
Georgia Mtn. Maples Syrup– VT. Maple Syrup
Sunrise Orchards-Apples
Mazza Farm Stand– Local Produce
Green Mtn. Farms– Cream Cheese
Hood-Milk





February



Mon., Feb. 5	Tues., Feb. 6	Wed., Feb. 7	Thurs., Feb. 8	Fri., Feb. 9
Whole Grain French Toast Sticks Fresh Fruit Milk	Oven Baked Twin Cinnamon Rolls Fresh Fruit Milk	Ham & Cheese Bagel Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Fruit & Yogurt Smoothie w/Fruit Muffin Fresh Fruit Milk
Mon., Feb. 12	Tues., Feb. 13	Wed., Feb. 14	Thurs., Feb. 15	Fri., Feb. 16
Whole Grain French Toast Sticks Fresh Fruit Milk	Oven Baked Twin Cinnamon Rolls Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Fruit & Yogurt Smoothie w/Fruit Muffin Fresh Fruit Milk
Mon., Feb. 19	Tues., Feb. 20	Wed., Feb. 21	Thurs., Feb. 22	Fri., Feb. 23
No School	No School	No School	No School	No School
Mon., Feb. 26	Tues., Feb. 27	Wed., Feb. 28		
Whole Grain French Toast Sticks Fresh Fruit Milk	Oven Baked Twin Cinnamon Rolls Fresh Fruit Milk	Sausage & Cheese Muffin Fresh Fruit Milk		



Waits River Valley School Breakfast February 2018

DAILY BREAKFAST OPTIONS

Cereals w/Toasted English Muffin or Bagels w/Cream Cheese Or Special of the Day

Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

Hood Milk: Skim, 1% white or Fat-Free Chocolate

Questions or Comments regarding our School Meal Program?
Please contact The Abbey Group Vice President of Operations Scott Choiniere
scott@abbeygroup.net



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	Milk \$0.50		

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Looking for a job that lets you be at home when your family needs you there?
Come Join our Team!! Go to the link below.
You can download an application or see what we have available through Careerbuilder.
<http://www.abbeygroup.net/careers.php>

