



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. 1

Cheesy Ravioli Bake
Garlic Breadstick
Fresh Fruit & Veggie Bar

Fri., Feb. 2

Super Bowl Party
Chicken Wings
Roasted Sweet Potato Wedges
Dinner Roll
Fresh Fruit & Veggie Bar
Super Bowl Dessert

Mon., Feb. 12

Grilled Chicken 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

Early Release
Buffalo Chicken Dip w/Tortilla Chips
Broccoli Salad
Valentines Dessert
Fresh Fruit & Veggie Bar

Thurs, Feb. 15

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

Fri., Feb. 16

Chinese New Year
Egg Roll Bowl
Vegetable Fried Rice
Fortune Cookie
Fresh Fruit & Veggie Bar

Mon., Feb. 19

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

Tues., Feb. 20

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

Wed., Feb. 21

Birthday Celebration
Hearty Meatloaf
Chef's Mashed Potato w/Gravy
Fresh Fruit & Veggie Bar

Thurs, Feb. 22

Baked Potato Bar w/Chili, Cheese & Sour Cream
Steamed Broccoli
Dinner Roll
Fresh Fruit & Veggie Bar

Fri., Feb. 23

Dress Your Own
Bacon Cheeseburger
Garden Pasta Salad
Fresh Fruit & Veggie Bar

Mon., Feb. 26

No School

Tues., Feb. 27

No School

Wed., Feb. 28

No School



Winooski High School Lunch
February 2018

Daily Lunch Offerings:

Main Meal or
Cabot Yogurt Parfait or
Deli Bar or Express Lane or
Homemade Pizza **or**
Vegetarian Option

Offered with all Meals

Fresh Fruit & Veggie Bar & Vegetable Soup
Fresh Fruit (Full cup offered daily)
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
Snacks & Snack Milk not included

Adult Breakfast \$1.75 Adult Lunch \$3.60
Milk \$.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
Green Mtn. Farm Direct-Local Produce





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February

Mon., Feb. 5	Tues., Feb. 6	Wed., Feb. 7	Thurs., Feb. 8	Fri., Feb. 9
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Fresh Milk	Homemade Fruit Filled Muffin Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk	Fruit Smoothie w/Graham Crackers 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	Whole Grain Cinnamon Roll Fresh Fruit Fresh Milk	Early Release Homemade Fruit Filled Muffin Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk	Scrambled Eggs w/ 1/2 Bagel Fresh Fruit Milk
Mon., Feb. 19	Tues., Feb. 20	Wed., Feb. 21	Thurs., Feb. 22	Fri., Feb. 23
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Fresh Milk	Homemade Fruit Filled Muffin Fresh Fruit Milk	Whole Grain Breakfast Round Fresh Fruit Milk	Scrambled Eggs w/ 1/2 Bagel Fresh Fruit Milk
Mon., Feb. 26	Tues., Feb. 27	Wed., Feb. 28		
No School	No School	No School		

Thurs., Feb. 1	Fri., Feb. 2
Whole Grain Breakfast Round Fresh Fruit Milk	Scrambled Eggs w/ 1/2 Bagel Fresh Fruit Milk



Winooski High School Breakfast February 2018

DAILY BREAKFAST OPTIONS

Cereals w/Toasted English Muffin or Egg & Cheese English Muffin or Sausage & Cheese English Muffin or Yogurt & Granola

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

Prices

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Meals to all Students are Free
Snacks & Snack Milk not included

Adult Breakfast \$1.75	Milk \$.50	Adult Lunch \$3.60
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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>

