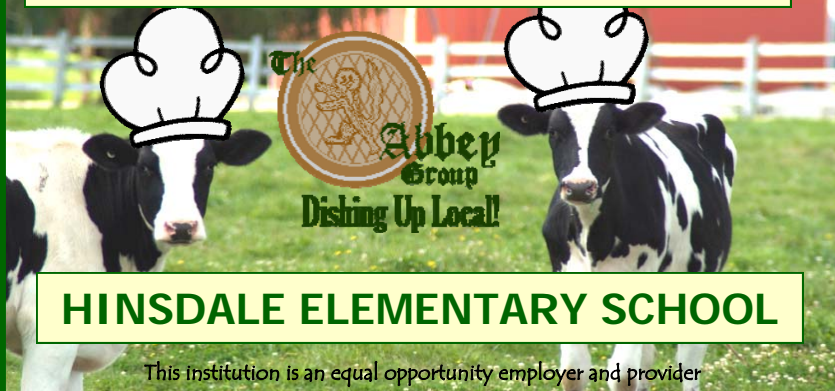


# MENUS FOR FEBRUARY 2012



Pay for meals on-line at



**Breakfast**  
\$1.00

**Lunch**  
\$1.80

**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.

## Prices

### Breakfast

**Paid** \$1.00  
**Reduced** \$0.30  
**Adult** \$1.50

### Lunch

**Paid** \$1.80  
**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](mailto: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

## HINSDALE ELEMENTARY SCHOOL

This institution is an equal opportunity employer and provider

## AVAILABLE DAILY MEAL OPTIONS

MENUS ARE SUBJECT TO CHANGE

**Hoagieville Deli**  
**Garden Fresh Salad Bar**  
**Stoneyfield 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

### Itza Pizza

Homemade  
Cheese or  
Pepperoni Pizza

Fresh Broccoli  
Sprigs w/  
Hummus Dip

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  
Rainbow Coleslaw  
Happy Birthday Cake

Fresh Fruit  
Farm Fresh Milk

Friday, Feb 10

### Itza Pizza

Homemade  
Cheese or  
Pepperoni Pizza

Side Caesar  
Salad

Fresh Fruit  
Farm Fresh Milk

## DAILY BREAKFAST OPTIONS

**Monday**  
Whole Grain French Toast Sticks w/Maple syrup  
**Tuesday**  
Sausage & Cheese or Egg & Cheese on Whole Wheat English Muffin  
**Wednesday**  
Breakfast Combo Bar on Whole Wheat English Muffin  
**Thursday**  
Sausage & Cheese or Ham & Cheese on Whole Wheat Bagel  
**Friday**  
Breakfast Buns & Scrambled Eggs  
\*\*Assorted Cereals w/toasted English muffin, bagels w/cream cheese, yogurt parfait w/graham crackers, Fresh Fruit, Juice, Milk  
**EVERYDAY!**

<b>Mon., Feb 13</b> <b>Dog Days</b> Oven Roasted Hot Dog on Wheat Bun Ketchup, Mustard, Relish, Onions Crispy French Fries Baked Beans Fresh Fruit Farm Fresh Milk	<b>Tues., Feb 14</b> <b>Happy Valentines Day</b> 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	<b>Wed., Feb 15</b> <b>Soup &amp; Sandwich</b> Grilled Cheese Sandwich on Wheat Bread Hearty Harvest Soup Carrot Sticks w/Dip Fresh Fruit Farm Fresh Milk	<b>Thurs., Feb 16</b> <b>Fiesta</b> Cheesy Quesadilla or Chicken & Cheese Quesadilla on Soft Flour Tortilla w/ Salsa Brown Rice Pilaf Rainbow Coleslaw <b>Beetnick Cake</b> Fresh Fruit Farm Fresh Milk	<b>Friday, Feb 17</b> <b>Itza Pizza</b> Homemade Cheese or Pepperoni Pizza Dark Green Garden Salad w/Dressings Fresh Fruit Farm Fresh Milk
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**NH Farm to School Program**  
**Get Smart. Eat Local**  
A project to connect New Hampshire Farms and Schools




**We Support Local New England Companies**

Windham Farm & Food Network	Harlow Farm
Green Mtn. Orchards	Old Athens Farm
Fertile Fields Farm	McKenzie
Westminster Organics Farm	Mazza Farm Stand
High Meadows Farm	Cabot Coop
Grafton Village Cheese Co.	Dutton Farm
New England Coffee	
VT. Hydroponic Produce	




<b>Mon., Feb 20</b> <b>Winter Break</b>	<b>Tues., Feb 21</b> <b>Winter Break</b>	<b>Wed., Feb 22</b> <b>Winter Break</b>	<b>Thurs., Feb 23</b> <b>Winter Break</b>	<b>Friday, Feb 24</b> <b>Winter Break</b>
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**Whole grain options offered daily**



**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**

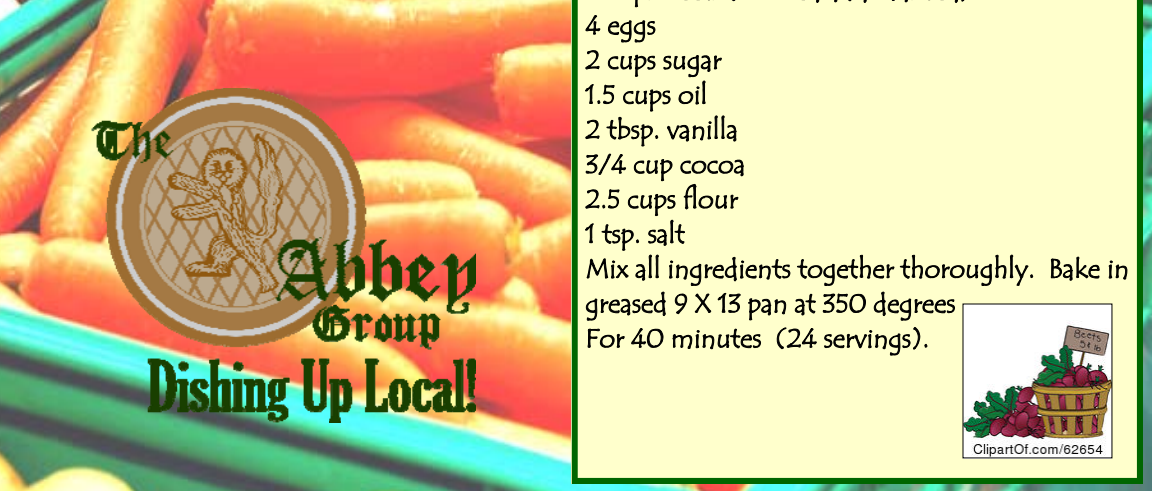
- 2 cups Beets (cooked and mashed)
- 4 eggs
- 2 cups sugar
- 1.5 cups oil
- 2 tbsp. vanilla
- 3/4 cup cocoa
- 2.5 cups flour
- 1 tsp. salt

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



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<b>Mon., Feb 27</b> <b>Chicken Mania</b> Oven Baked Chicken Nuggets w/Dipping Sauce Seasoned Sweet Potato Wedges Oatmeal Muffin Squares Fresh Fruit Farm Fresh Milk	<b>Tues., Feb 28</b> <b>Soup &amp; Cheesy Breadsticks</b> Homemade Cheesy Breadstick Marinara Dipping Sauce Hearty Chicken & Vegetable Noodle Soup Fresh Fruit Farm Fresh Milk	<b>Wed., Feb 29</b> <b>Fiesta</b> 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
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**The Abbey Group**  
**Dishing Up Local!**