

# VSNB/The Abbey Group Food Service

## March 15 - 21, 2021

For in-school lunch, students can choose the main menu item, a peanut butter and jelly sandwich, or a yogurt meal.

MONDAY March 15	TUESDAY March 16	WEDNESDAY March 17 NO SCHOOL	THURSDAY March 18	FRIDAY March 19	SATURDAY March 20	SUNDAY March 21
Zee Zee Fun Meal - Nutrition Bar, Cheese Stick, Sunflower Seeds, & Fruit	Chef's Salad - Veggies & Fruit	Tuna Salad, Roll, Veggies & Fruit	The Vermonter - a Classic Chicken Salad, Tortilla, Veggies & Fruit	Ham & Cheese, Croissant, Veggies & Fruit	Pancakes & Sausage, Veggies & Fruit	Mexican Chicken over Rice, Veggies & Fruit
Breakfast - Whole Grain Breakfast Cookie & Fruit	Breakfast - Whole Grain Sweet Bread & Fruit	Breakfast - Whole Grain Cereal Bar & Fruit	Breakfast - Whole Grain Breakfast Bar/Bun & Fruit	Breakfast - Whole Grain Muffin & Fruit	Breakfast - Whole Grain Cereal & Fruit	Breakfast - Whole Grain Cereal & Fruit

*Menus are subject to change*

All full meals are **FREE** to students and include milk. Students who bring lunch from home can **purchase milk-only for 50¢**. These students should bring milk money each day or may prepay via cash or check payable to VSNB Lunch Program.

**\*Wednesday meals will be sent home on Tuesday.** Breakfast and lunch can be ordered by students in their classrooms on Tuesday morning. The meals will be sent home with students at dismissal and should be refrigerated immediately.

**WEEKEND MEALS:** Students can order weekend meals (two breakfasts and two lunches) on Friday mornings in their classrooms. The meals will be sent home with students at dismissal and should be refrigerated immediately. *Weekend Meals are also available for all Vermont residents age 18 and under and can be picked up on Friday at the Grab n Go door at the MAU Middle School from 7:30 a.m - 12:00 p.m. or at all delivery stops.*