

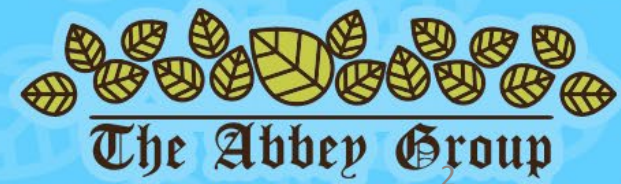


# The Abbey Group

A Locally Owned and Operated Food Service Management Company  
Specializing in K-12 Schools

# Our Experience

- School food service business for 35 years
- Serving approximately 50,000 breakfast and lunches daily to Vermont students
- Our business has grown to feed students in New York, New Hampshire, Massachusetts and Vermont



# Our Menus



## Castleton Elementary School Lunch November 2021



Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Chicken Patty Sandwich</b> ✓ Hand Cut French Fries ✓ Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	2 <b>Street Tacos (Corn Tortilla, Ground Beef, Salsa, Sour Cream)</b> ✓ Garden Salsa Rice Pilaf ✓ Seasoned Black Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	3 <b>Cheese Pizza Pepperoni Pizza Veggie Pizza</b> Fresh Broccoli Salad ✓ Savory Roasted Zucchini Assorted Fresh, Dried or Canned Fruit Milk Variety	4 <b>Spaghetti w/ Meat Sauce</b> ✓ Caesar Salad ✓ Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety	5 <b>✓ Pancakes</b> Real Maple Syrup ✓ Sweet & White Homefries Sausage Links ✓ Fresh Green Pepper Strips Assorted Fresh, Dried or Canned Fruit Milk Variety
8 <b>Dress Your Own Hot Dog</b> Roasted Sweet Potato Wedges ✓ Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	9 <b>Tater Tot Nachos</b> ✓ Garden Salsa ✓ Rice Pilaf ✓ Steamed Corn Assorted Fresh, Dried or Canned Fruit Milk Variety	10 <b>Cheese Pizza Pepperoni Pizza Veggie Pizza</b> ✓ Seasoned Green Beans ✓ Fresh Carrot Sticks Assorted Fresh, Dried or Canned Fruit Milk Variety	11 <b>No School</b>	12 <b>Chicken Alfredo w/Pasta</b> ✓ Steamed Broccoli ✓ Fresh Celery Sticks ✓ Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety
15 <b>Meatball Sub (Beef Meatballs on a Bun)</b> Garden Pasta Salad Maple Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	16 <b>Homemade Beef Goulash</b> ✓ Caesar Salad ✓ Garlic Breadstick Assorted Fresh, Dried or Canned Fruit Milk Variety	17 <b>✓ Cheesy Breadsticks</b> Chicken Noodle Soup ✓ Marinara Dipping Sauce ✓ Fresh Cucumber Sticks <b>Sweet Potato Hummus</b> Assorted Fresh, Dried or Canned Fruit Milk Variety <b>Taste Test Event</b>	18 <b>Oven Roasted Turkey</b> ✓ Chef's Mashed Potato Turkey Gravy ✓ Steamed Green Peas Hearty Stuffing ✓ Homemade Dinner Roll PJs Cranberry Sauce Pumpkin Squares Assorted Fresh Fruit Milk Variety	19 <b>Hot Ham &amp; Cheese Pinwheels</b> ✓ Kale Apple Salad Seasoned Green Beans Assorted Fresh, Dried or Canned Fruit Milk Variety
22 <b>Oven Baked Chicken Nuggets</b> BBO Dipping Sauce Maple Glazed Sweet Potato Roasted Zucchini ✓ Homemade Dinner Roll Assorted Fresh, Dried or Canned Fruit Milk Variety	23 <b>Beef Taco w/ The Works</b> ✓ Garden Salsa Rice Pilaf Maple Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	24 <b>No School</b>	25 <b>No School</b>	26 <b>No School</b>
29 <b>Dress Your Own Burger on a Bun</b> ✓ Hand Cut French Fries Maple Baked Beans Assorted Fresh, Dried or Canned Fruit Milk Variety	30 <b>Beef Nachos Supreme</b> ✓ Garden Salsa Rice Pilaf ✓ Mexicali Corn Assorted Fresh, Dried or Canned Fruit Milk Variety			<p>Please advise us if special meal accommodations are required for allergens or other special dietary needs.</p>

### Meals Are Free To All Students

Adult Breakfast \$2.85  
Adult Lunch \$5.00  
Milk \$0.60

Please Click Links Below for Nutrition Information on Daily Options:

Deli Sandwichs & Fruit & Yogurt Parfait w/Granola  
Mon: Sunbutter & Jelly w/Cheesestick, Tues: Deli Ham & Cheese Sandwich, Wed: Deli Turkey and Cheese Sandwich, Thurs: Turkey Bologna & Cheese Sandwich, Fri: Buffalo Chicken Wrap  
Garden Salad w/Dinner Roll Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk, & Fat Free Chocolate Milk Offered With All Meals.

Deli Options K-8

Fruit & Yogurt Parfait w/Granola

Milk Condiments

Fresh, Dried Or Canned Fruit

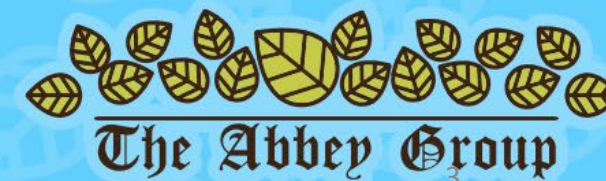
Pay for meals online. Click Image Below



Harvest of the Month: Sweet Potato



Click on the image above for more info on the Harvest of the Month!



This institution is an equal opportunity provider.

# Harvest of the Month



**NEW CROPS FOR 2022!**

*Note: changes to take place starting Jan. 2022, not with the new school year*

JANUARY	<b>BEETS</b>
FEBRUARY	<b>CARROTS</b>
MARCH	<b>MAPLE</b>
APRIL	<b>WHOLE GRAINS</b>
MAY	<b>MIXED GREENS</b>
JUNE	<b>DAIRY</b>
JULY	<b>CUCUMBERS</b>
AUGUST	<b>BERRIES</b>
SEPTEMBER	<b>SWEET PEPPERS</b>
	<b>APPLES</b>

- We Partner with Green Mountain Farm-to-School and Vermont Harvest of the Month
- We feature the monthly harvest on the menu
- Coordinate taste-tests and farmers visits

# Student Taste Tests



Harvest of The Month  
Chef Tosca presents:

Roasted Zucchini and Summer Squash,  
Red Peppers, Onions  
With Fresh Garden Basil,  
Balsamic Vinegar  
Parmesan Cheese

Basil and Peppers were grown in your garden!!



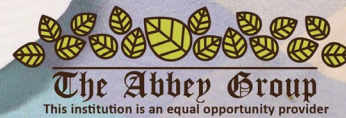
TASTE  
TEST

---  
A Raider recipe  
entered into the  
Junior Iron  
Chef VT 2018  
Competition

---  
A burrito with  
lime aioli, corn,  
quinoa, spinach,  
local black beans,  
and Cabot  
Cheese



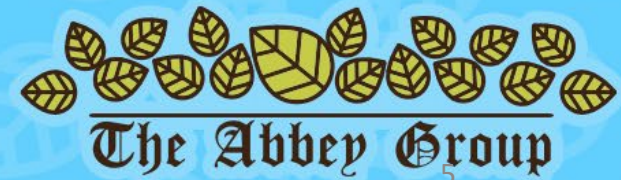
The Filito



SWANTON ELEMENTARY SCHOOL

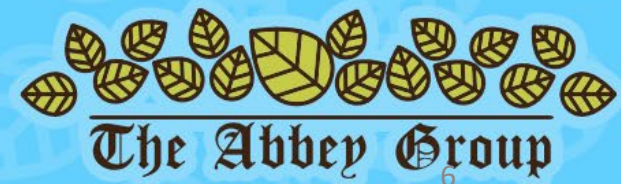
Winter Squash

TASTE TEST EVENT

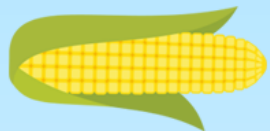


# Local Purchasing Initiative

- Governor Phil Scott signed H.106 and H.439 on June 8, 2021
- Provides a direct incentive to schools who meet local purchasing targets in their school meal programs, allowing them to serve more fresh Vermont food on their menus
- Act 67 creates a tiered incentive for schools, allowing schools to ramp up their local purchasing by providing 15¢ per lunch for 15% local food purchased, 20¢ for 20% and 25¢ for 25%



# FARMERS <sup>TO</sup> FAMILIES

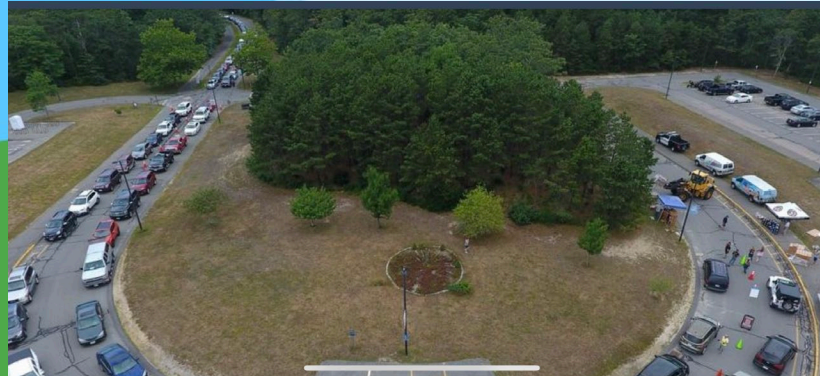


**FOOD BOX PROGRAM**

# Farmers to Families Food Box Program

- Due to the Covid-19 Pandemic, we became involved in the USDA Farmers to Families Food Box Program
- We served over 95,000 boxes to families in need on the front line
- Over this period, we developed packing infrastructure
- The boxes coupled with the food chain shortages and lack of labor to hire, Vermont Blue Sky Packing was born







Vermont

# Blue Sky

P A C K I N G

# Blue Sky Packing

- Blue Sky Packing is the realization of our greater mission to be able to provide more local products into our accounts
- With our experience with the Farmers to Families Food Box Program it became clear that now was a good time to build this facility
- We are earmarking space in our facility for non-profits like Healthy Roots, to utilize as a local food hub
- This 20,000 square foot packing facility is currently under construction in Sheldon, Vermont

# Blue Sky Packing – Construction Update

