



This institution is an equal opportunity provider and employer.

Available Daily

- *Hoagieville Deli
- *Garden Fresh Salad Bar
- *Cabot Yogurt & String Cheese
- *Vegetarian Options
- *Farm Fresh Milk
- *Asst. Juice & Fruit

Menus are on the web at:
www.abbeygroup.net

Tuesday, Dec. 1
Chef's Creation
Chicken Patty Sandwich w/ Lettuce & Tomato
Nachos w/ Salsa
Yummy Raisins

Wed., Dec. 2
Chef's Creation
American Chop Suey
Steamed Broccoli
Garlic Bread Sticks

Thursday, Dec. 3
Chef's Creation
Pig-N-Blanket Frank Wrapped in Bread Dough
Homemade Baked Beans Cucumber Slices
Happy Birthday Cake Happy Birthday Decemberites

Friday, Dec. 4
Chef's Creation
Freshly Made Pepperoni & Cheese Pizza
Garden Tossed Salad
Chilled Fruit Cups

REQUIRED COURSE

We don't consider lunch to be optional. Every kid needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. And that's also why we provide free and reduced-price meals for families that qualify. Please let us know if you have any questions.

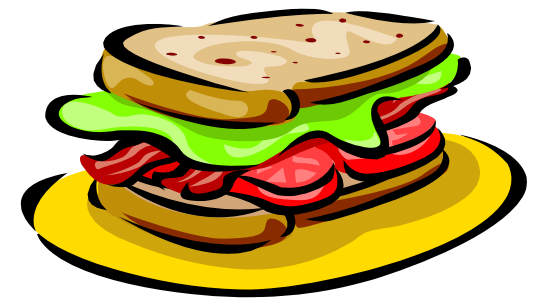
Monday, Dec. 7
Chef's Creation
Oven Baked Chicken Nuggets
Rice with Seasonal Veggies Plump Raisins
Homemade Wheat Dinner Rolls

Tuesday, Dec. 8
Chef's Creation
Spaghetti Meat & Marinara Sauce
Garden Tossed Salad Low-fat Dressings
Fresh Baked Garlic Bread Slices

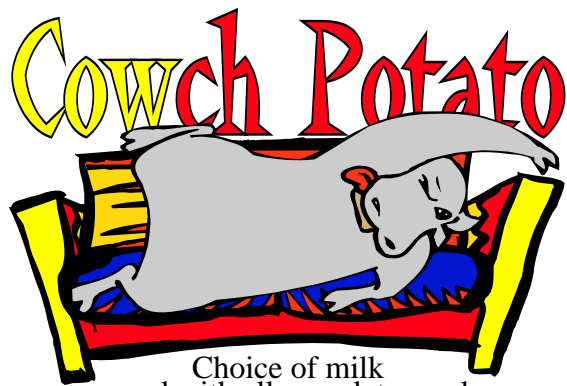
Wed., Dec. 9
Chef's Creation
Nachos Supreme Meat & Cheese
Salsa, Peppers, Tomatoes, Black Olives & Sour Cream
Mouthwatering Spanish Rice & Tasty Corn

Thurs., Dec. 10
Chef's Creation
Fish Sticks w/Tarter Sauce
Homemade Mashed Potato Steamed Carrots
Homemade Wheat Dinner Roll

Friday, Dec. 11
Chef's Creation
Freshly Made Pepperoni & Cheese Pizza
Garden Tossed Salad
Fruit Juice Shape-Ups



Breakfast	Lunch
Regular Reduced	Regular \$1.90 Reduced \$0.40



Choice of milk served with all complete meals:

Low-fat White & Low-fat Chocolate

Milk \$0.50

Juice \$0.50

Monday, Dec. 14

Chef's Creation

Italian Meatball Subs

1/2 Baked Potato
Roasted Zucchini Slices

Homemade Low-fat Dessert

Tuesday, Dec. 15

Chef's Creation

Hearty Macaroni & Beef Soup w/ Crackers

Grilled Cheese Sandwich

Veggie Sticks & Dip

Wed., Dec. 16

Chef's Creation

Chicken Scampi Pasta, Chicken & Broccoli

Chilled Fruit Cups

Sliced Bread & Butter

Thurs., Dec. 17

Holiday Meal

Oven Baked Ham
Home Style Mashed Potato w/Gravy
Seasoned Carrots
Chilled Cranberry
Homemade Dinner Roll
Holiday Dessert

Friday, Dec. 18

Chef's Creation

Freshly Made Pepperoni & Cheese Pizza

Garden Tossed Salad

Chilled Fruit Cups

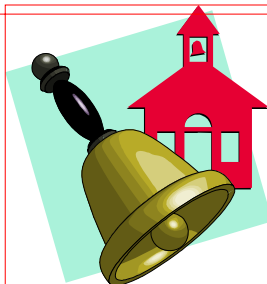
Buy Local

We support local New England Companies

New England Coffee
Stony Fields
Garelick Farms
Westminster Cracker
Cabot
Sunrise Orchards
McKenzie
Saputo Cheese Company
Cold Hollow Cider
Vt. Country Farms



You haven't missed the



We accept applications for free and reduced-price meals all year long. Please call your school for more information.

Monday, Dec. 21

Chef's Creation

Dress Your Own Burger
Lettuce, Tomato, Cheese, Onions & Pickle

Oven Baked French Fries
Carrot Sticks

Homemade Low-fat Baked Dessert

Tuesday, Dec. 22

Chef's Creation

Brunch For Lunch
Yummy Waffles

Sweet & White Potato Home fries
Baked Sausage Links

Homemade Fruit Crisp

Wed., Dec. 23

Localvor Day

Home Style Beef Stew

Fresh Baked Biscuits

New England Applesauce

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



Pay for your students meals with our easy on-line bill pay system. Go to: www.abbeygroup.net/lunchprepay



Thursday, December 17th

We'll see you again in 2010!

Winter Holiday begins at the end of classes
Wednesday, December 23

Classes resume



From
The Abbey Food Service Group
& the Child Nutrition Staff at your school