

DAILY BREAKFAST OPTIONS

Mon: Egg & Cheese Muffin
 Tues: Ham & Cheese Bagel
 Wed: Combo Bar
 Thurs: Sausage & Cheese Muffin
 Fri: Cinnamon Buns

**Cereal, Bagels, Muffins, Fruit, Milk and Juice offered daily



*Menus for
December
2009*

**Hinsdale
Elementary
School**

This institution is an equal opportunity provider and employer.

Available Daily

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

NH Farm to School Program
 Get Smart. Eat Local
 A project to connect New Hampshire Farms and Schools

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



Tuesday, Dec. 1
Chef's Creation

Homemade Shepherds Pie

Crunchy Vegetable Sticks
 Low-Fat Dip

Fresh Baked Fiesta Corn Muffins

Wed., Dec. 2
Chef's Creation

Homemade Meat & Cheese Lasagna

Steamed Broccoli Florets
 Fresh Baked Garlic Bread Sticks

Happy Birthday Cake
 Happy Birthday Decemberites

Thursday, Dec. 3
Chef's Creation

Pig-N-Blanket Frank Wrapped in Bread Dough

Homemade Baked Beans
 Cucumber Slices

Homemade Low-fat Baked Dessert

Friday, Dec. 4
Chef's Creation

French Bread Pizza

Garden Tossed Salad

Fruit Juice Shape Up

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

Ham & Cheese Melt on a Wheat Bagel

Seasoned Carrots
 Chilled Applesauce

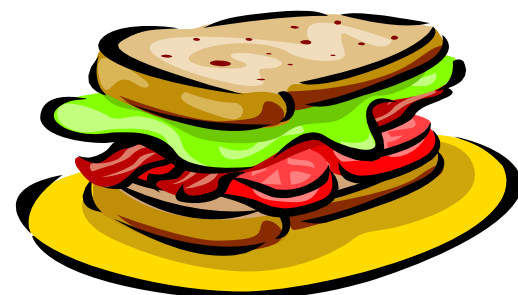
Homemade Low-fat Baked Dessert

Friday, Dec. 11
Chef's Creation

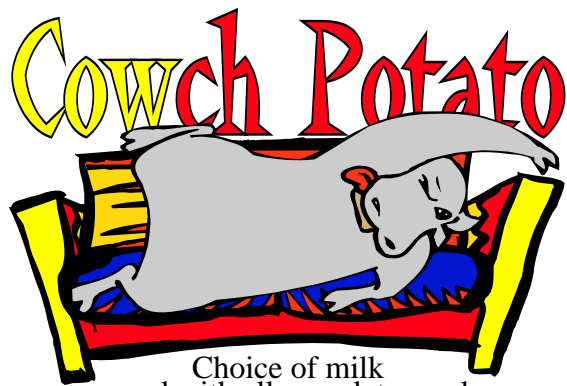
Freshly Made Pepperoni & Cheese Pizza

Garden Tossed Salad

Chilled Fruit Cups



Breakfast	Lunch
Regular \$1.00 Reduced \$0.30	Regular \$1.80 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

Tuesday, Dec. 15
Chef's Creation
 Hearty Macaroni & Beef Soup w/ Crackers
 Grilled Cheese Sandwich
 Veggie Sticks & Bean Dip

Wed., Dec. 16
Chef's Creation
 Chicken Scampi Pasta, Chicken & Broccoli
 Chilled Mandarin Orange Cups
 Sliced Bread & Butter

Thurs., Dec. 17
Holiday Meal
 Oven Baked Ham
 Home Style Mashed Potato w/Gravy
 Seasoned Green Peas
 Chilled Cranberry
 Homemade Dinner Roll
 Holiday Dessert

Friday, Dec. 18
Chef's Creation
 Stuffed Stromboli Ham, Pepperoni or Veggie & Cheese
 Garden Tossed Salad
 Marinara Dipping Sauce

Buy Local
 We support local New England Companies
 Saputo Cheese Co.
 Cold Hollow Cider
 Sunrise Orchards
 Vt. Country Farms
 McKenzie
 Cortland Orchards
 Dutton Farm
 Deer Ridge Farm
 Windham Farm to School
 Distribution
 Fertile Fields
 Green Mtn. Orchard
 Harlow Farm
 Picadilly Farm

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
 Ranch Rice Pilaf
 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
 Homemade Chicken Pot Pie
 Roasted Root Vegetables
 Seasoned w/ Local Herbs
 Local Applesauce Cups

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
Monday, January 4



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