

**DAILY BREAKFAST OPTIONS**

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

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



*Menus for  
December  
2009*

**Hinsdale  
Middle &  
High**

*This institution is an equal opportunity provider and employer.*

**Available Daily**

- \*Hoagieville Deli
- \*Zesty Pizza
- \*Garden Fresh Salad Bar
- \*Popular Express Lane
- \*Stoney Field Yogurt & String Cheese
- \*Vegetarian Options
- \*Farm Fresh Milk
- \*Asst. Juice
- \*Fresh 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](http://www.abbeygroup.net)



<b>Tuesday, Dec. 1</b>
<b>Chef's Creation</b>
Homemade Shepherds Pie
Crunchy Vegetable Sticks Low-Fat Dip
Fresh Baked Fiesta Corn Muffins

<b>Wed., Dec. 2</b>
<b>Chef's Creation</b>
Homemade Meat & Cheese Lasagna
Steamed Broccoli Florets
Fresh Baked Garlic Bread Sticks

<b>Thursday, Dec. 3</b>
<b>Chef's Creation</b>
Chicken & Cheese Quesadilla
Fresh Garden Salsa Rice with Seasonal Veggies
Homemade Low-fat Baked Dessert

<b>Friday, Dec. 4</b>
<b>Chef's Creation</b>
Stuffed Stromboli Ham, Pepperoni or Veggie & Cheese
Garden Tossed Salad Low-fat Dressing
Marinara Dipping Sauce

**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 .

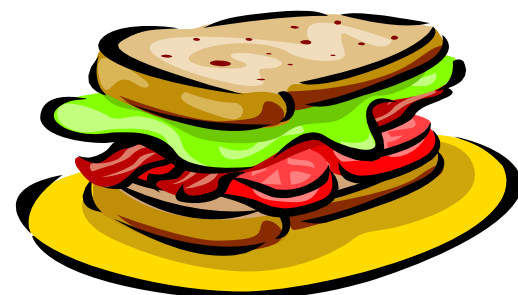
<b>Monday, Dec. 7</b>
<b>Chef's Creation</b>
Dockside Fish Sandwich
Crinkle Cut Fries Creamy Coleslaw
Homemade Low-fat Baked Dessert

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

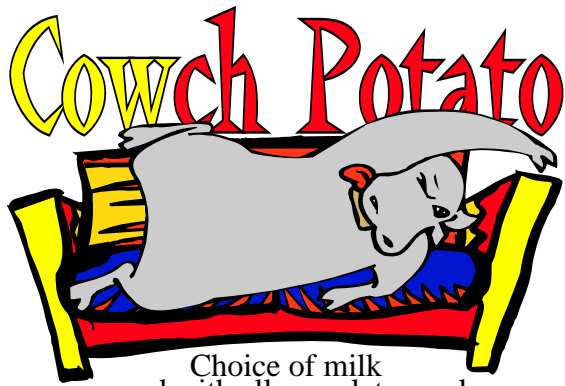
<b>Wed., Dec. 9</b>
<b>Chef's Creation</b>
Nachos Supreme Meat & Cheese
Salsa, Peppers, Tomatoes, Black Olives & Sour Cream
Mouthwatering Spanish Rice & Tasty Corn

<b>Thursday, Dec. 10</b>
<b>Chef's Creation</b>
Ham & Cheese Melt on a Wheat Bagel
Seasoned Carrots Chilled Applesauce
Happy Birthday Cake Happy Birthday Decemberites

<b>Friday, Dec. 11</b>
<b>Chef's Creation</b>
Santa Fe Turkey Wrap
Homemade Macaroni Salad Cherry Tomatoes
Homemade Low-fat Baked Dessert



<b>Breakfast</b>	<b>Lunch</b>
Regular \$1.00 Reduced \$0.30	Regular \$2.00 Reduced \$0.40



Choice of milk served with all complete meals:  
**Low-fat White & Low-fat Chocolate**  
 Milk \$0.50      Juice \$0.50

<i>Monday, Dec. 14</i>
<b>Chef's Creation</b>
Italian Meatball Subs
1/2 Baked Potato
Roasted Zucchini Slices

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

<i>Wed., Dec. 16</i>
<b>Chef's Creation</b>
Chicken Scampi Pasta, Chicken & Broccoli
Chilled Mandarin Orange Cups
Slice Bread & Butter

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

<i>Friday, Dec. 18</i>
<b>Chef's Creation</b>
Homemade Macaroni & Cheese w/ Baked Ham
Seasoned Green Beans
Homemade Fruit Muffin

**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.

<i>Monday, Dec. 21</i>
<b>Chef's Creation</b>
Crunchy Popcorn Chicken
Homemade Mashed Potatoes w/ Gravy
Green Peas
Homemade Wheat Dinner Rolls

<i>Tuesday, Dec. 22</i>
<b>Chef's Creation</b>
Brunch For Lunch
Yummy Waffles & Scrambled Eggs
Sweet & White Potato Home fries
Sausage Links
Homemade Fruit Crisp

<i>Wed., Dec. 23</i>
<b>Localvor Day</b>
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

**KEEPING THE LUNCHLINE MOVING.**

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

Please join us for a **HOLIDAY FEAST!**

**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