

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*

Leland & Gray
Union High School

This institution is an equal opportunity provider and employer.

Available Daily

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

Reduced students are eligible for FREE BREAKFAST!

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

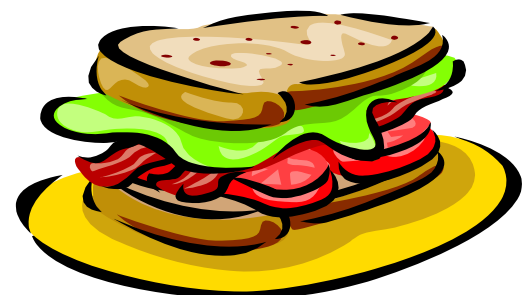


Tuesday, Dec. 1	Wed., Dec. 2	Thursday, Dec. 3	Friday, Dec. 4
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation
Homemade Shepherds Pie	Homemade Meat & Cheese Lasagna	Chicken & Cheese Quesadilla	Stuffed Stromboli Ham, Pepperoni or Veggie & Cheese
Crunchy Vegetable Sticks Low-Fat Dip	Steamed Broccoli Florets	Fresh Garden Salsa Rice with Seasonal Veggies	Garden Tossed Salad Low-fat Dressing
Fresh Baked Fiesta Corn Muffins	Fresh Baked Garlic Bread Sticks	Homemade Low-fat Baked Dessert	Marinara Dipping Sauce

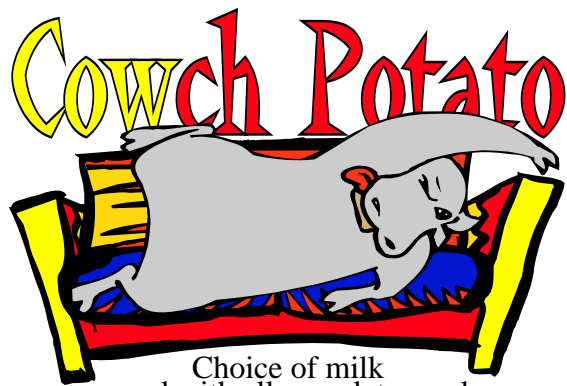
REQUIRED COURSE

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 .

Monday, Dec. 7	Tuesday, Dec. 8	Wed., Dec. 9	Thurs., Dec. 10	Friday, Dec. 11
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation
Dockside Fish Sandwich	Spaghetti Meat & Marinara Sauce	Nachos Supreme Meat & Cheese	Ham & Cheese Melt on a Wheat Bagel	Santa Fe Turkey Wrap
Crinkle Cut Fries Creamy Coleslaw	Garden Tossed Salad Low-fat Dressings	Salsa, Peppers, Tomatoes, Black Olives & Sour Cream	Seasoned Carrots Chilled Applesauce	Homemade Macaroni Salad Cherry Tomatoes
Homemade Low-fat Baked Dessert	Fresh Baked Garlic Bread Slices	Mouthwatering Spanish Rice & Tasty Corn	Happy Birthday Cake Happy Birthday Decemberites	Homemade Low-fat Baked Dessert



Breakfast	Lunch
Regular \$1.200 Reduced \$0.00	Regular \$2.50 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

Slice 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

Homemade Macaroni & Cheese w/ Baked Ham

Seasoned Green Beans

Homemade Fruit Muffin

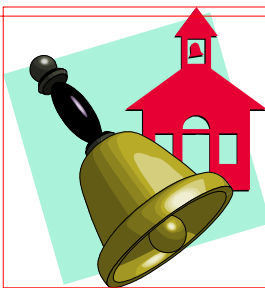
Buy Local

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.

Monday, Dec. 21

Chef's Creation

Crunchy Popcorn Chicken

Homemade Mashed Potatoes w/ Gravy
Green Peas

Homemade Wheat Dinner Rolls

Tuesday, Dec. 22

Chef's Creation

Brunch For Lunch
Yummy Waffles & Scrambled Eggs

Sweet & White Potato Home fries
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