

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*

**Black River
High/
Ludlow
Elementary**

This institution is an equal opportunity provider and employer.

Available Daily

- *Hoagieville Deli
- *Zesty Pizza
- *Garden Fresh Salad Bar
- *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

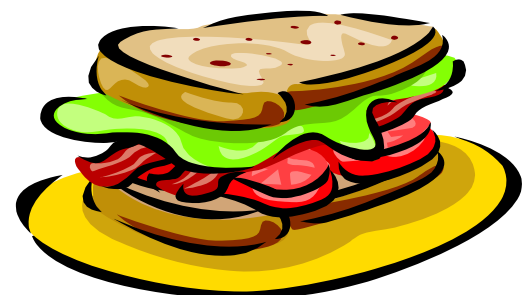


Tuesday, Dec. 7	Wed., Dec. 8	Thursday, Dec. 9	Friday, Dec. 10
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation
Oven Baked Chicken Nuggets	Homemade Meat & Cheese Lasagna	Pig-N-Blanket Frank Wrapped in Bread Dough	Chicken & Cheese Quesadilla
Rice with Seasonal Veggies Plump Raisins	Steamed Broccoli Florets	Homemade Baked Beans Cucumber Slices	Fresh Garden Salsa Rice w/Seasonal Veggies
Homemade Wheat Dinner Rolls	Fresh Baked Garlic Bread Sticks	Homemade Low-fat Baked Dessert	Homemade Low-Fat Baked Dessert

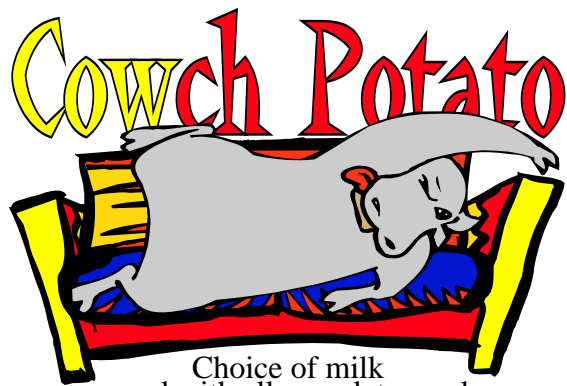
REQUIRED COURSE

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
Homemade Shepherds Pie	Spaghetti Meat & Marinara Sauce	Nachos Supreme Meat & Cheese	Ham & Cheese Melt on a Wheat Bagel	Oven Baked Fish Sticks
Crunchy Vegetable Sticks Low-Fat Dip	Garden Tossed Salad Low-fat Dressings	Salsa, Peppers, Tomatoes, Black Olives & Sour Cream	Seasoned Carrots Chilled Applesauce	Seasoned Potato Wedges Chilled Applesauce Cups
Fresh Baked Fiesta Corn Muffins	Fresh Baked Garlic Bread Slices	Mouthwatering Spanish Rice & Tasty Corn	Happy Birthday Cake Happy Birthday Decemberites	Homemade Wheat Dinner Roll



Breakfast	Lunch
Regular \$1.00 Reduced \$0.00	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

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
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
- Cortland Orchards
- Dutton Farm
- Deer Ridge Farm
- Windham Farm to School Distribution
- Fertile Fields
- Green Mtn. Orchard
- Harlow Farm
- Picadilly Farm
- Sunrise Orchards
- Vt. Country Farms
- McKenzie

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 Pancakes w/Syrup
Sweet & White Potato Home fries Baked Sausage Links
Homemade Fruit Crisp

Wed., Dec. 23
Early Release 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
 X-24

KEEPING THE LUNCHLINE MOVING.

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

Please join us for a
HOLIDAY FEAST!
Thursday, December

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