

**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



*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 & Fresh Fruit

Reduced students are eligible for FREE BREAKFAST!

Menus are on the web at:  
[www.abbeygroup.net](http://www.abbeygroup.net)

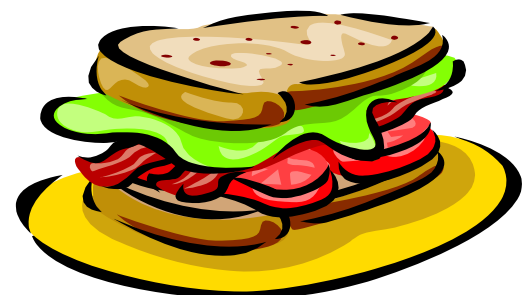


<b>Tuesday, Dec. 7</b>	<b>Wed., Dec. 8</b>	<b>Thursday, Dec. 9</b>	<b>Friday, Dec. 10</b>
<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>
Homemade Shepherds Pie	Homemade Meat & Cheese Lasagna	Pig-N-Blanket Frank Wrapped in Bread Dough	French Bread Pizza
Crunchy Vegetable Sticks Low-Fat Dip	Steamed Broccoli Florets	Homemade Baked Beans Cucumber Slices	Garden Tossed Salad Juice Shape Up
Fresh Baked Fiesta Corn Muffins	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.

<b>Monday, Dec. 7</b>	<b>Tuesday, Dec. 8</b>	<b>Wed., Dec. 9</b>	<b>Thursday, Dec. 10</b>	<b>Friday, Dec. 11</b>
<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>
Oven Baked Chicken Nuggets	Spaghetti Meat & Marinara Sauce	Nachos Supreme Meat & Cheese	Ham & Cheese Melt on a Wheat Bagel	Freshly Made Pepperoni & Cheese Pizza
Rice with Seasonal Veggies Plump Raisins	Garden Tossed Salad Low-fat Dressings	Salsa, Peppers, Tomatoes, Black Olives & Sour Cream	Seasoned Carrots Chilled Applesauce	Garden Tossed Salad Chilled Fruit Cups
Homemade Wheat Dinner Rolls	Fresh Baked Garlic Bread Slices	Mouthwatering Spanish Rice & Tasty Corn	Happy Birthday Cake Happy Birthday Decemberites	Homemade Low-fat Baked Dessert



<b>Breakfast</b>	<b>Lunch</b>
Regular \$1.00 Reduced \$0.00	Regular \$1.75 Reduced \$0.40

# Cowch Potato



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**

Brunch for Lunch  
Pancake w/  
Vt. Maple Syrup

Ham Slice

Oven Baked  
Hash Brown

Chilled Fruit  
Cup

**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**

Garlic Chicken  
& Cream Sauce

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**

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

Ranch Rice Pilaf  
Carrot Sticks

Homemade  
Low-Fat Baked  
Dessert

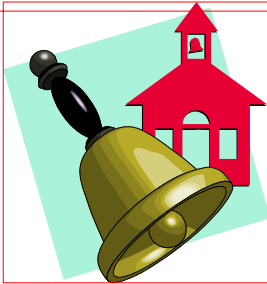
**Buy Local**

We support local  
New England  
Companies

- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Vt. Country Farms
- McKenzie
- Mighty Food Farm
- Green River Produce
- Youth Horticultural Group
- MAUHS
- Cabot Cooperative
- Westminster Crackers



*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**

Stuffed Stromboli  
Ham, Pepperoni or  
Veggie & Cheese

Garden Tossed  
Salad

Marinara  
Dipping  
Sauce

**Tuesday, Dec. 22**

**Localvor Day**

Homemade  
Chicken Pot Pie

Roasted Root  
Vegetables  
Seasoned w/  
Local Herbs

Local  
Applesauce Cups

*We'll see  
you again  
in 2010!*

Winter Holiday begins  
at the end of classes

**Wednesday,  
December 22**

Classes resume  
**Monday,  
January 4**

**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](http://www.abbeygroup.net/lunchprepay)



**Thursday, December 17th**



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