

**DAILY BREAKFAST OPTIONS**

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

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



*Menus for*  
**December**  
**2009**

**North  
 Hero  
 Elementary**

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

**Available Daily**

- \*Deli Sandwiches
- \*Garden Fresh Salads
- \*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)

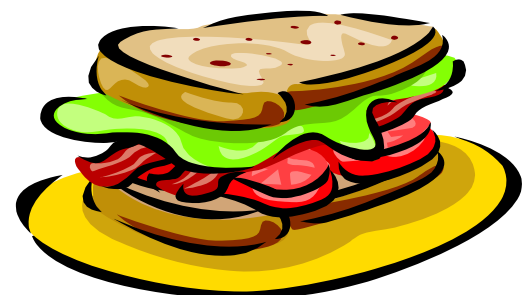


<b>Tuesday, Dec. 1</b>	<b>Wed., Dec. 2</b>	<b>Thursday, Dec. 3</b>	<b>Friday, Dec. 4</b>
<b><u>Chef's Creation</u></b>  Breaded Fish Sticks  Crunchy Vegetable Sticks Low-Fat Dip Red Cabbage Slaw  Fresh Baked Fiesta Corn Muffins	<b><u>Chef's Creation</u></b>  Homemade Meat & Cheese Lasagna  Steamed Broccoli Florets  Fresh Baked Garlic Bread Sticks	<b><u>Chef's Creation</u></b>  Pig-N-Blanket Frank Wrapped in Bread Dough  Homemade Baked Beans Cucumber Slices  Homemade Low-fat Baked Dessert	<b><u>Chef's Creation</u></b>  Open Face Hot Turkey Sandwich  Garlic Mashed Potato  Honey Glazed Carrots

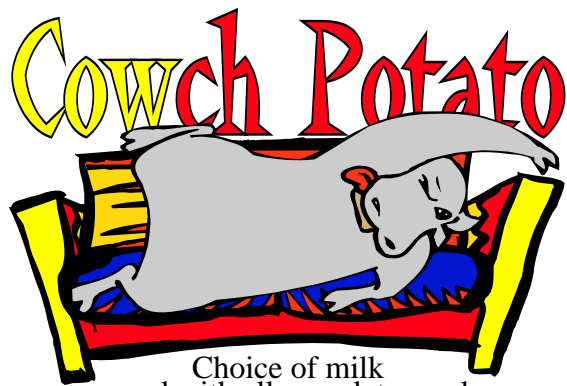
**REQUIRED COURSE**

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>Thurs., Dec. 10</b>	<b>Friday, Dec. 11</b>
<b><u>Chef's Creation</u></b>  Oven Baked Chicken Nuggets  Rice with Seasonal Veggies Fruit Juice Shape-Up  Homemade Wheat Dinner Rolls	<b><u>Chef's Creation</u></b>  Spaghetti Meat & Marinara Sauce  Garden Tossed Salad Low-fat Dressings  Fresh Baked Garlic Bread Slices	<b><u>Chef's Creation</u></b>  Nachos Supreme Meat & Cheese  Salsa, Peppers, Tomatoes, Black Olives & Sour Cream  Mouthwatering Spanish Rice & Tasty Corn	<b><u>1/2 DAY Chef's Creation</u></b> Dress Your Own Burger Lettuce, Tomato, Cheese, Onions & Pickle  Potato Puffs Carrot Sticks  Happy Birthday Cake Happy Birthday Decemberites	<b><u>1/2 DAY Chef's Creation</u></b> Freshly Made Pepperoni & Cheese Pizza  Garden Tossed Salad  Chilled Fruit Cups



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

Homemade Low-fat Dessert

**Tuesday, Dec. 15**

**Chef's Creation**

Cheesy Breadsticks

Italian Marinara Sauce

Hearty Macaroni & Beef Soup w/ Crackers

**Wed., Dec. 16**

**Chef's Creation**

Chicken Scampi Pasta, Chicken & Broccoli

Chilled Mandarin Orange Cups

Homemade Wheat Dinner Rolls

**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**

Chicken Patty Sandwich Served on a Wheat Roll

Side Caesar Salad  
Chilled Peaches

Vanilla Yogurt Cup

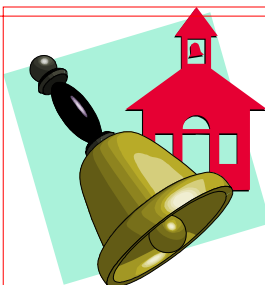
**Buy Local**

We support local New England Companies

Saputo Cheese Co.  
Cold Hollow Cider  
Hackett's Orchard  
Mazza Farm Stand  
Westminster Cracker  
Sunrise Orchards  
Pomykala Farm  
Sentinel Orchards  
Cabot Cooperative  
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**

Ham & Cheese Melt on a Wheat Bagel  
Harvest Home Fries  
Chilled Applesauce

Homemade Low-fat Baked Dessert

**Tuesday, Dec. 22**

**Localvor Day**

Home Style Macaroni & Cheese  
Baked Ham Slice  
Baby Spinach, Apple & Carrot Salad w/Maple Vinaigrette

Wheat Dinner Roll  
Harvest Cookies w/ Chocolate Chips

**Wed., Dec. 23**

**Early Dismissal Chef's Creation**

Brunch or Lunch Yummy Pancakes w/Syrup  
Oven Baked Hash Brown  
Baked Sausage Links

Blueberry Cup

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**

**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