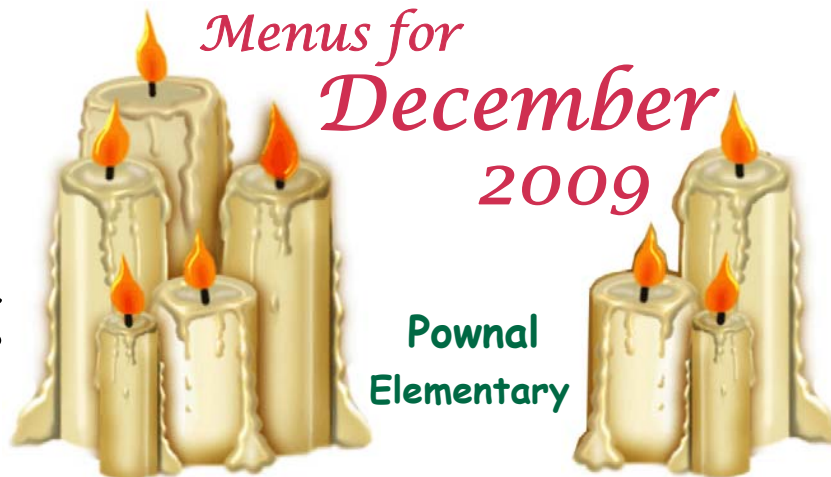


DAILY BREAKFAST OPTIONS

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*

**Pownal
Elementary**

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

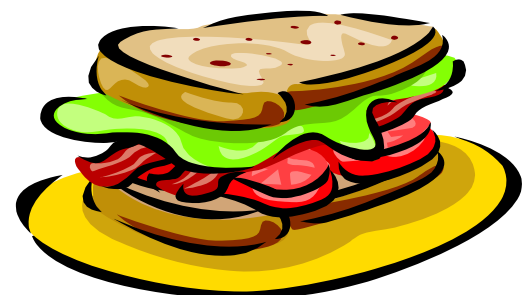


Tuesday, Dec. 1	Wed., Dec. 2	Thursday, Dec. 3	Friday, Dec. 4
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation
Homemade Shepherds Pie	Homemade Meat & Cheese Lasagna	Pig-N-Blanket Frank Wrapped in Bread Dough	French Bread Pizza
Crunchy Vegetable Sticks Low-Fat Dip	Steamed Broccoli Florets	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

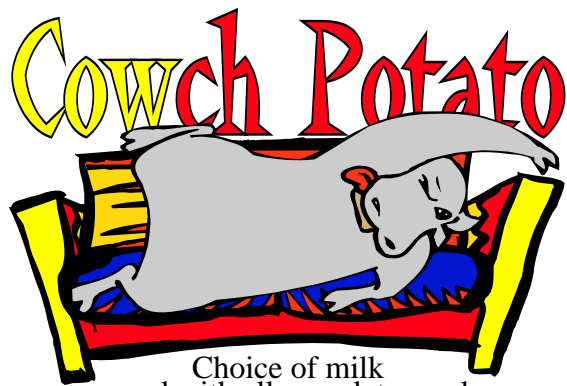
REQUIRED COURSE

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.

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
Oven Baked Chicken Nuggets	Spaghetti Meat & Marinara Sauce	Nachos Supreme Meat & Cheese	Freshly Made Pepperoni & Cheese Pizza	Ham & Cheese Melt on a Wheat Bagel
Rice with Seasonal Veggies Plump Raisins	Garden Tossed Salad Low-fat Dressings	Salsa, Peppers, Tomatoes, Black Olives & Sour Cream	Garden Tossed Salad Chilled Fruit Cups	Seasoned Carrots Chilled Applesauce
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



Breakfast	Lunch
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
 Brunch for Lunch
 Pancake w/
 Vt. Maple Syrup
 Ham Slice
 Oven Baked
 Hash Brown
 Chilled Fruit
 Cup

Tuesday, Dec. 15
Chef's Creation
 Stuffed Stromboli
 Ham, Pepperoni or
 Veggie & Cheese
 Garden
 Tossed
 Salad
 Marinara
 Dipping
 Sauce

Wed., Dec. 16
Chef's Creation
 Garlic Chicken
 & Cream Sauce
 Chilled Mandarin
 Orange Cups
 Sliced 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
 Mighty Food Farm
 Green River Produce
 Youth Horticultural Group
 MAUHS
 Cabot Cooperative
 Westminster Crackers
 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
 Hearty
 Macaroni & Beef
 Soup w/ Crackers
 Grilled Cheese
 Veggie Sticks &
 Bean Dip
 Homemade
 Low-fat
 Dessert

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



KEEPING THE LUNCHLINE MOVING.

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



Thursday, December 17th



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