

DAILY BREAKFAST OPTIONS

Monday: French Toast Sticks w/
Warm syrup

Tuesday: Sausage & Cheese and Egg
& Cheese Muffins

Wednesday: Healthy Breakfast Pizza

Thursday: Sausage & Cheese Bagels
and Ham & Cheese Bagels

Friday: Cinnamon Buns w/Icing
**Cereal, Bagels, Muffins, Fruit,
Milk and 100% Juice offered
EVERYDAY!



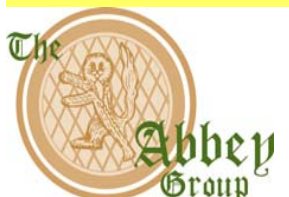
This institution is an equal opportunity provider and employer.

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

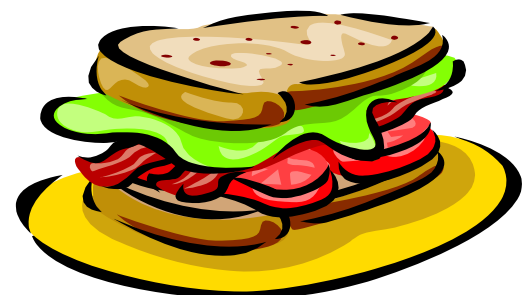


Tuesday, Dec. 1	Wed., Dec. 2	Thursday, Dec. 3	Friday, Dec. 4
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation
Taco Bar W/ the Works <small>Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.</small>	Homemade Meat & Cheese Lasagna	Pig-N- Blanket Frank Wrapped in Bread Dough	Freshly Made Pepperoni & Cheese Pizza
Spanish Rice Mouthwatering Corn	Steamed Broccoli Florets	Homemade Baked Beans Cucumber Slices	Garden Tossed Salad Juice Shape Up
Homemade Low-fat Baked Dessert	Fresh Baked Garlic Bread Sticks	Homemade Low-fat Baked Dessert	Homemade Low-fat Baked Dessert

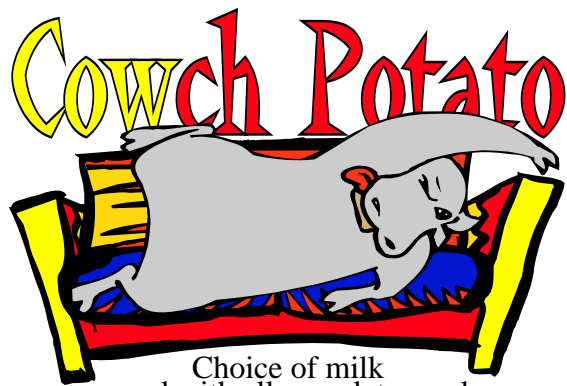
REQUIRED COURSE

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	Thursday, 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	Brunch for Lunch Pancakes w/Syrup	Freshly Made Pepperoni & Cheese Pizza
Rice with Seasonal Veggies Plump Raisins	Garden Tossed Salad Low-fat Dressings	Salsa, Peppers, Tomatoes, Black Olives & Sour Cream	Sliced Ham Seasoned Home Fries	Garden Tossed Salad Chilled Fruit Cups
Homemade Wheat Dinner Rolls	Fresh Baked Garlic Bread Slices	Mouthwatering Spanish Rice & Tasty Corn	Blueberry Crisp	Happy Birthday Cake Happy Birthday Decemberites



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

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

Home Style Macaroni & Cheese

Seasoned Green Beans Chilled Fruit Cup

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

Freshly Made Pepperoni & Cheese Pizza

Garden Tossed Salad

Chilled Fruit Cups

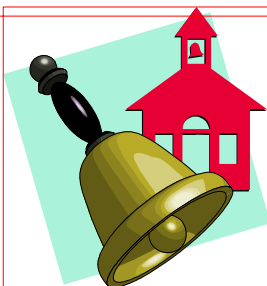
Buy Local

We support local New England Companies

Saputo Cheese Co.
Cold Hollow Cider
Sunrise Orchards
Vt. Country Farms
McKenzie
Mazza Farm Stand
Westminster Cracker
Sentinel Orchards
Cabot Cooperative
Champlain Orchards



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

1/2 Day Breakfast Only



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



Thursday, December 17th



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