

**DAILY BREAKFAST OPTIONS**

Monday: French Toast Sticks w/  
Warm Syrup  
 Tuesday: Scrambled Eggs & Muffin  
 Wednesday: Healthy Breakfast Pizza  
 Thursday: Combo Bars on English Muffin  
 Friday: Cinnamon Buns w/Icing

\*\*Cereal, Asst. Bagels, Fruit Muffins,  
 Sausage on English, Ham on Bagel, Egg on  
 English, Fresh Fruit, Milk, and 100% Juice  
 offered EVERYDAY!



*Menus for  
December  
2009*

**Proctor  
High  
School**

*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)



**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**  
**Chef's Creation**

Dockside Fish Sandwich

Crinkle Cut Fries  
Creamy Coleslaw

Homemade Low-fat Baked Dessert

**Tuesday, Dec. 8**  
**Chef's Creation**

Spaghetti Meat & Marinara Sauce

Garden Tossed Salad  
Low-fat Dressings

Fresh Baked Garlic Bread Slices

**Wed., Dec. 9**  
**Chef's Creation**

Nachos Supreme Meat & Cheese

Salsa, Peppers, Tomatoes, Black Olives & Sour Cream

Mouthwatering Spanish Rice & Tasty Corn

**Thursday, Dec. 10**  
**Chef's Creation**

Ham & Cheese Melt on a Wheat Bagel

Seasoned Carrots  
Chilled Applesauce

Homemade Low-fat Baked Dessert

**Friday, Dec. 11**  
**Chef's Creation**

Santa Fe Turkey Wrap

Homemade Macaroni Salad  
Cherry Tomatoes

Happy Birthday Cake  
Happy Birthday Decemberites

**Tuesday, Dec. 1**  
**Chef's Creation**

Chicken Patty Sandwich

Oven Baked French Fries  
Veggie Sticks w/ Dip

Homemade Low-fat Baked Dessert

**Wed., Dec. 2**  
**Chef's Creation**

Homemade Meat & Cheese Lasagna

Steamed Broccoli Florets

Fresh Baked Garlic Bread Sticks

**Thursday, Dec. 3**  
**Chef's Creation**

Chicken & Cheese Quesadilla

Fresh Garden Salsa  
Rice with Seasonal Veggies

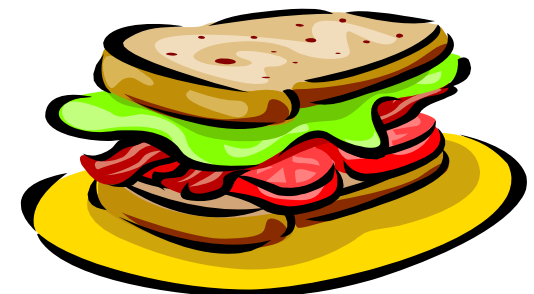
Homemade Low-fat Baked Dessert

**Friday, Dec. 4**  
**Chef's Creation**

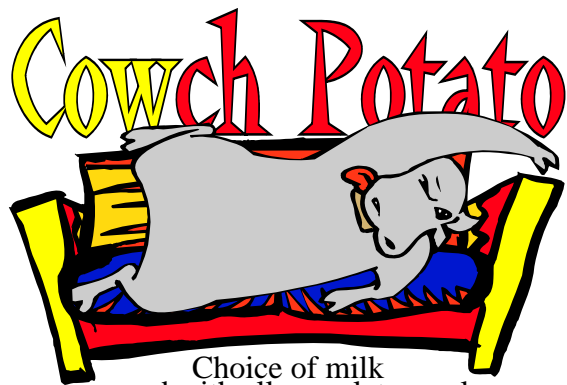
Freshly Made Pepperoni & Cheese Pizza

Garden Tossed Salad  
Chilled Fruit Cups

Homemade Low-fat Baked Dessert



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

<i>Monday, Dec. 14</i>
<b>Chef's Creation</b>
Italian Meatball Subs
1/2 Baked Potato
Roasted Zucchini Slices

<i>Tuesday, Dec. 15</i>
<b>Chef's Creation</b>
Hearty Macaroni & Beef Soup w/ Crackers
Grilled Cheese Sandwich
Veggie Sticks & Bean Dip

<i>Wed., Dec. 16</i>
<b>Chef's Creation</b>
Home Style Macaroni & Cheese
Seasoned Green Beans Chilled Fruit Cup
Sliced Bread & Butter

<i>Thurs., Dec. 17</i>
<b>Holiday Meal</b>
Oven Baked Ham Home Style Mashed Potato w/Gravy Seasoned Green Peas Chilled Cranberry Homemade Dinner Roll Holiday Dessert

<i>Friday, Dec. 18</i>
Freshly Made Pepperoni & Cheese Pizza
Garden Tossed Salad Chilled Fruit Cups
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
- 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.

<i>Monday, Dec. 21</i>
<b>Chef's Creation</b>
Pasta Bar Meat Sauce & Cheese Sauce
Garden Tossed Salad
Homemade Garlic Bread Sticks

<i>Tuesday, Dec. 22</i>
<b>1/2 Day of School</b>
Grilled Hot Dogs
Homemade Pasta Salad
Chilled Fruit 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](http://www.abbeygroup.net/lunchprepay)



**Thursday, December 17th**



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