



Menus for December 2009



Sacred
Heart

This institution is an equal opportunity provider and employer.



Reduced students are eligible for FREE BREAKFAST!

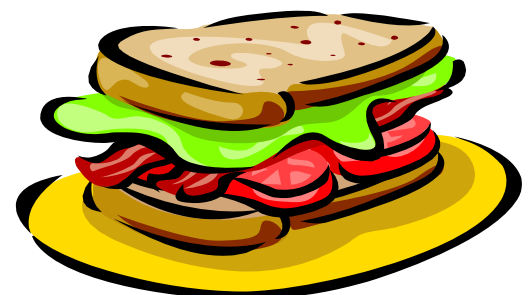
Menus are on the web at:
www.abbeygroup.net

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

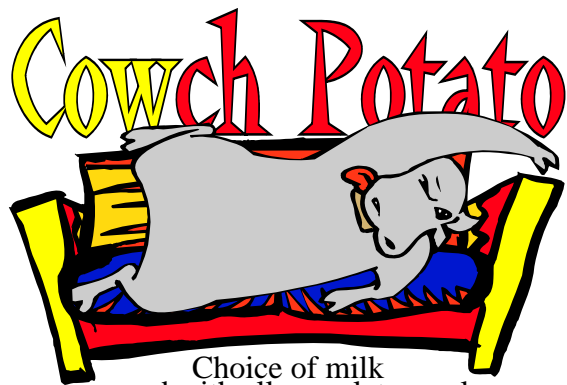
REQUIRED COURSE

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	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



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

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

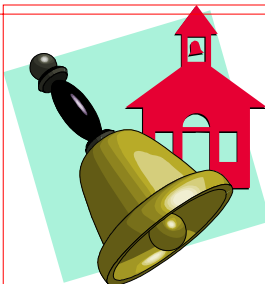
Buy Local

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/lunch
prepay



Thursday, December 17th



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