

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*

**Swanton
Central
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



Tuesday, Dec. 1
Chef's Creation

Brunch for Lunch
Yummy Pancakes w/Syrup

Baked Ham Slice
Roasted Potato Wedges

Blueberry Cup

Wed., Dec. 2
Chef's Creation

Spaghetti Meat & Marinara Sauce

Garden Tossed Salad
Low-fat Dressings

Fresh Baked Garlic Bread Slices

Thursday, Dec. 3
Chef's Creation

Pig-N- Blanket Frank Wrapped in Bread Dough

Homemade Baked Beans
Cucumber Slices

Homemade Low-fat Baked Dessert

Friday, Dec. 4
Chef's Creation

Breaded Fish Sticks w/Creamy Tartar Sauce

Side Caesar Salad
Fruit Juice
Shape-Up

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
Chef's Creation

Oven Baked Chicken Nuggets

Rice Pilaf
Seasonal Veggies
Creamy Cole Slaw

Homemade Wheat Dinner Rolls

Tuesday, Dec. 8
Chef's Creation

Homemade Meat & Cheese Lasagna

Steamed Broccoli Florets

Fresh Baked Garlic Bread Sticks

Wed., Dec. 9
Chef's Creation

Nachos Supreme Meat & Cheese

Salsa, Peppers, Tomatoes, Black Olives & Sour Cream

Mouthwatering Spanish Rice & Tasty Corn

Thurs., Dec. 10
Chef's Creation

Ham & Cheese Melt on a Wheat Bagel

Veggie Sticks
Low-Fat Dip
Apples & Cinnamon

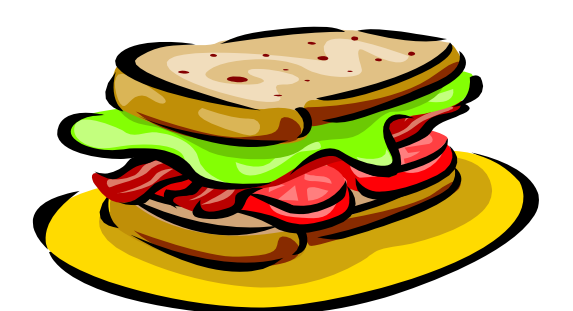
Homemade Low-fat Baked Dessert

Friday, Dec. 11
Chef's Creation

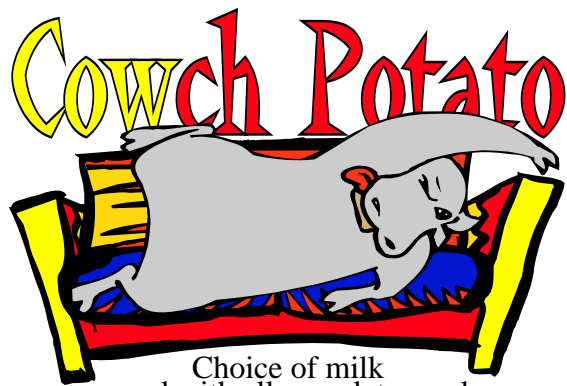
Freshly Made Pepperoni & Cheese Pizza

Garden Tossed Salad
Chilled Fruit Cups

Happy Birthday Cake
Happy Birthday Decemberites



Breakfast	Lunch
Regular \$0.85 Reduced \$0.00	Regular \$1.50 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
Stuffed Stromboli Ham, Pepperoni or Veggie & Cheese
Garden Tossed Salad
Marinara Dipping Sauce

Wed., Dec. 16
Chef's Creation
Chicken Tortellini w/Cream Sauce
Fresh Steamed Broccoli Chilled Mandarin Orange Cups
Homemade Wheat Dinner Roll

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
Oven Baked Potato Puffs
Cucumber Slices w/Dip

Buy Local

We support local New England Companies

- Maplewood Organics
- Cabot Cooperative
- Sentinel Orchards
- Westminster Cracker
- New England Coffee
- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchard
- 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
Home Style Macaroni & Cheese Baked Ham Slice
Baby Spinach, Apple & Carrot Salad w/Maple Vinaigrette
Wheat Dinner Roll Harvest Cookies w/Chocolate Chips



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

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



We'll see you again in 2010!

Winter Holiday begins at the end of classes

Tuesday, December 22

Classes resume

Monday, January 4