

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!



*Menus for
December
2009*

**Wallingford
Elementary
School**

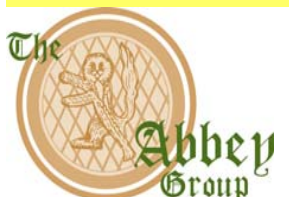
This institution is an equal opportunity provider and employer.

Available Daily

- *Hoagieville Deli Sandwiches
- *Garden Fresh Salad
- *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

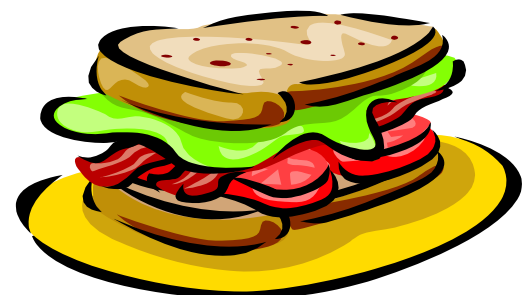


Tuesday, Dec. 1	Wed., Dec. 2	Thursday, Dec. 3	Friday, Dec. 4
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation
Taco Bar W/ the Works <small>Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.</small>	Homemade Meat & Cheese Lasagna	Pig-N- Blanket Frank Wrapped in Bread Dough	French Bread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

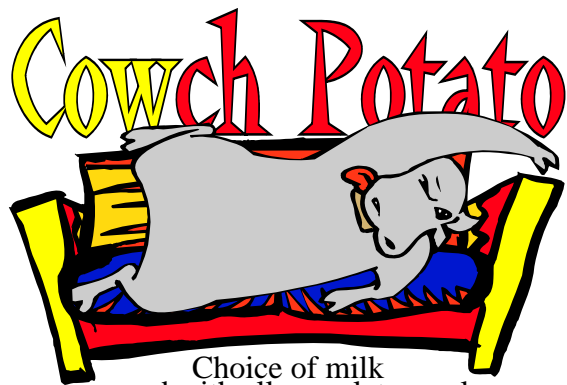
REQUIRED COURSE

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
Homemade Wheat Dinner Rolls	Fresh Baked Garlic Bread Slices	Mouthwatering Spanish Rice & Tasty Corn	Homemade Low-fat Baked Dessert	Chilled Fruit Cups Happy Birthday Cake Happy Birthday Decemberites
				TASTE TEST EVENT Roasted Sweet & White Potatoes w/Fresh Local Herbs



Breakfast	Lunch
Regular \$1.25 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

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
Chicken Scampi Pasta, Chicken & Broccoli
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
Stuffed Stromboli Ham, Pepperoni or Veggie & Cheese
Garden Tossed Salad
Marinara Dipping Sauce

Buy Local

We support local New England Companies

- Saputo Cheese Co.
- Mazza Farm Stand
- Westminster Cracker
- Sentinel Orchards
- Cabot Cooperative
- Champlain Orchards
- Cold Hollow Cider
- Sunrise Orchards
- 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
Dress Your Own Burger Lettuce, Tomato, Cheese, Onions & Pickle
Ranch Rice Pilaf Carrot Sticks
Homemade Low-fat Baked Dessert

Tuesday, Dec. 22
Localvor Day
Homemade Chicken Pot Pie
Roasted Root Vegetables
Local Fresh Applesauce Cups

We'll see you again in 2010!

Winter Holiday begins at the end of classes
Wednesday, December 22

Classes resume
Monday, January 5

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