

DAILY BREAKFAST OPTIONS

Mon: Egg & Cheese Muffin
 Tues: Ham & Cheese Bagel
 Wed: Combo Bar
 Thurs: Sausage & Cheese Muffin
 Fri: Cinnamon Buns

**Cereal, Bagels, Muffins, Fruit, Milk and Juice offered daily



This institution is an equal opportunity provider and employer.

Available Daily

- *Hoagieville Deli
- *Zesty Pizza
- *Garden Fresh Salad Bar
- *Cabot Yogurt w/ 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

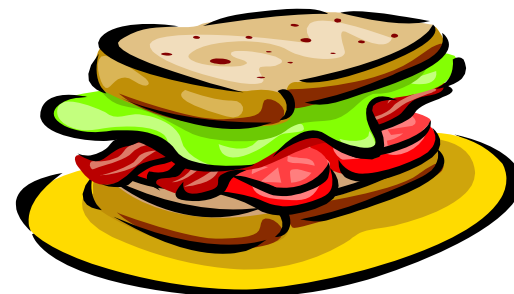


Tuesday, Dec. 7	Wed., Dec. 8	Thursday, Dec. 9	Friday, Dec. 10
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation
Homemade Shepherds Pie	Homemade Meat & Cheese Lasagna	Pig-N-Blanket Frank Wrapped in Bread Dough	Santa Fe Turkey Wrap
Crunchy Vegetable Sticks Low-Fat Dip	Steamed Broccoli Florets	Homemade Baked Beans Cucumber Slices	Homemade Macaroni Salad Cherry Tomatoes
Fresh Baked Fiesta Corn Muffins	Fresh Baked Garlic Bread Sticks	Homemade Low-fat Baked Dessert	Homemade Low-fat Baked Dessert

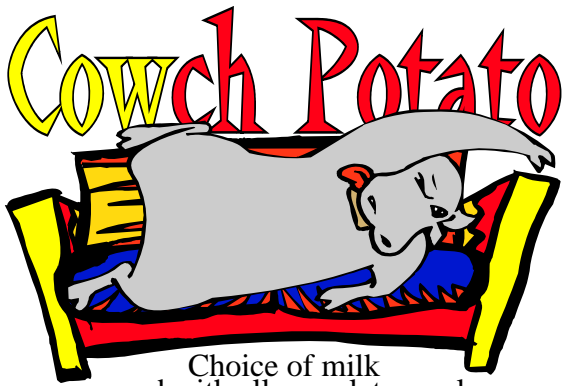
REQUIRED COURSE

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	Homemade Macaroni & Cheese w/ Baked Ham
Rice with Seasonal Veggies Plump Raisins	Garden Tossed Salad Low-fat Dressings	Salsa, Peppers, Tomatoes, Black Olives & Sour Cream	Seasoned Carrots Chilled Applesauce	Seasoned Green Beans
Homemade Wheat Dinner Rolls	Fresh Baked Garlic Bread Slices	Mouthwatering Spanish Rice & Tasty Corn	Happy Birthday Cake Happy Birthday Decemberites	Homemade Fruit Muffin



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

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

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.
Cold Hollow Cider
Sunrise Orchards
Vt. Country Farm
McKenzie
Mazza Farm Stand
Westminster Cracker
Sentinel Orchards
Cabot Cooperative
Champlain Orchards
New England Coffee



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 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/lunchprepay



Thursday, December 17th



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