

DAILY BREAKFAST OPTIONS

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

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



*Menus for
December
2009*

**Windham
High
School**

This institution is an equal opportunity provider and employer.

Available Daily

- *Hoagieville Deli
- *Zesty Pizza
- *Garden Fresh Salad Bar
- *Popular Express Lane
- *Cabot Yogurt & String Cheese
- *Vegetarian Options
- *Farm Fresh Milk
- *Asst. Juice
- *Fresh Fruit

NH Farm to School Program
 Get Smart. Eat Local
 A project to connect New Hampshire Farms and Schools

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



Tuesday, Dec. 1
Chef's Creation

Homemade Shepherds Pie

Crunchy Vegetable Sticks
 Low-Fat Dip

Fresh Baked Fiesta Corn Muffins

Wed., Dec. 2
Chef's Creation

American Chop Suey

Steamed Broccoli Florets

Fresh Baked Garlic Bread Sticks

Thursday, Dec. 3
Chef's Creation

Chicken & Cheese Quesadilla

Fresh Garden Salsa
 Rice with Seasonal Veggies

Happy Birthday Cake
 Happy Birthday Decemberites

Friday, Dec. 4
Chef's Creation

Stuffed Stromboli
 Ham, Pepperoni or Veggie & Cheese

Garden Tossed Salad
 Low-fat Dressing

Marinara Dipping Sauce

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

Chicken Patty 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

Thurs., Dec. 10
Chef's Creation

Ham & Cheese Double Decker
 (Ham & Cheese Between Dough)

Seasoned Carrots
 Chilled Applesauce

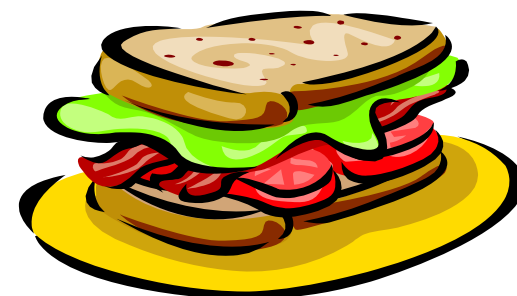
Homemade Low-fat Baked Dessert

Friday, Dec. 11
Chef's Creation

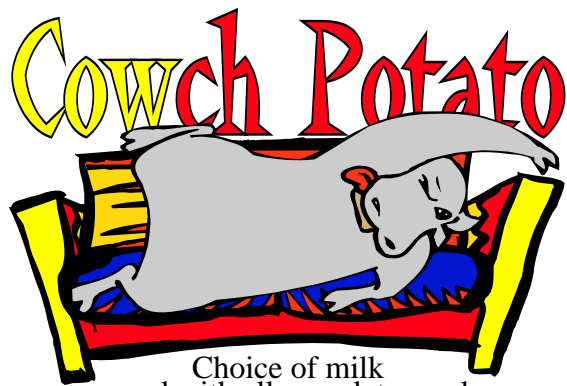
Santa Fe Turkey Wrap

Homemade Macaroni Salad
 Cherry Tomatoes

Homemade Low-fat Baked Dessert



Breakfast	Lunch
Regular \$1.25 Reduced \$0.30	Regular \$2.50 Reduced \$0.40



Choice of milk served with all complete meals:

Low-fat White & Low-fat Chocolate

Milk \$0.75

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 & Dip

Wed., Dec. 16

Chef's Creation

Chicken Scampi Pasta, Chicken & Broccoli

Chilled Fruit Cups

Sliced Bread & Butter

Thurs., Dec. 17

Holiday Meal

Oven Baked Ham
Home Style Mashed Potato w/Gravy
Seasoned Carrots
Chilled Cranberry
Homemade Dinner Roll
Holiday Dessert

Friday, Dec. 18

Chef's Creation

Crunchy Popcorn Chicken

Homemade Mashed Potatoes w/ Gravy
Green Peas

Homemade Wheat Dinner Rolls

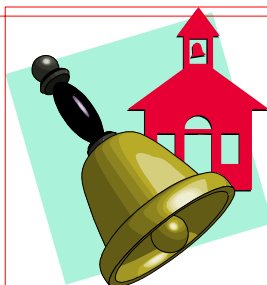
Buy Local

We support local New England Companies

New England Coffee
Stony Fields
Garelick Farms
Westminster Cracker Cabot
Sunrise Orchards
McKenzie
Saputo Cheese Company
Cold Hollow Cider
Vt. Country Farms



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

Oven Baked French Fries
Carrot Sticks

Homemade Low-fat Baked Dessert

Tuesday, Dec. 22

Chef's Creation

Brunch For Lunch
Yummy Waffles & Scrambled Eggs

Sweet & White Potato Home fries
Sausage Links

Homemade Fruit Crisp

Wed., Dec. 23

Localvor Day

Mouthwatering Beef Stew

Fresh Baked Buttery Biscuits

New England Applesauce

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

We'll see you again in 2010!

Winter Holiday begins at the end of classes
Wednesday, December 23

Classes resume
Monday, January 4



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