

**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*

**Winooski  
Elementary  
School**

*This institution is an equal opportunity provider and employer.*

**Available Daily**

- \*Hoagieville Deli Sandwich
- \*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](http://www.abbeygroup.net)

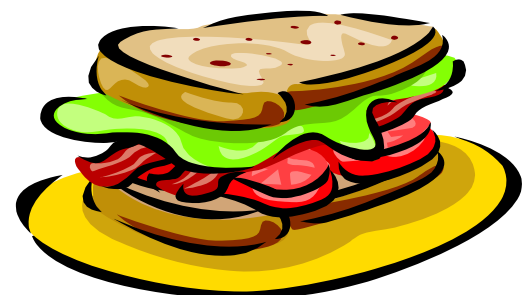


<b>Tuesday, Dec. 1</b>	<b>Wed., Dec. 2</b>	<b>Thursday, Dec. 3</b>	<b>Friday, Dec. 4</b>
<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>
Taco Bar W/ the Works <small>Lettuce, Tomato, Peppers, Salsa, Sour Cream &amp; Cheese.</small>	Homemade Meat & Cheese Lasagna	Grilled Hot Dogs	Freshly Made Pepperoni & Cheese Pizza
Spanish Rice Mouthwatering Corn	Steamed Broccoli Florets	Homemade Baked Beans Cucumber Slices	Garden Tossed Salad Juice Shape Up
Homemade Low-fat Baked Dessert	Fresh Baked Garlic Bread Sticks	Homemade Low-fat Baked Dessert	Homemade Low-fat Baked Dessert

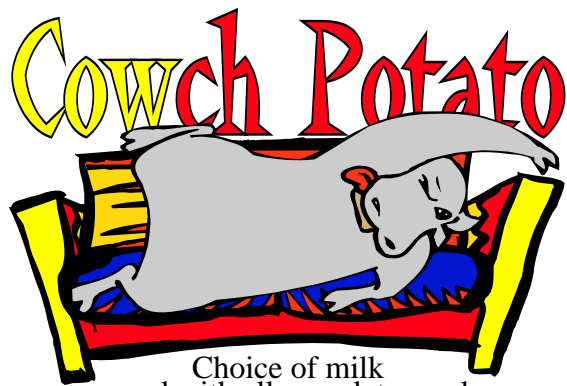
**REQUIRED COURSE**

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 .

<b>Monday, Dec. 7</b>	<b>Tuesday, Dec. 8</b>	<b>Wed., Dec. 9</b>	<b>Thurs., Dec. 10</b>	<b>Friday, Dec. 11</b>
<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>
Oven Baked Chicken Nuggets	Spaghetti Meat & Marinara Sauce	Nachos Supreme Meat & Cheese	Pineapple Chicken served With White Rice	Freshly Made Pepperoni & Cheese Pizza
Oven Baked French Fries Plump Raisins	Garden Tossed Salad Low-fat Dressings	Salsa, Peppers, Tomatoes, Black Olives & Sour Cream	Steamed Vegetables	Garden Tossed Salad
Homemade Wheat Dinner Rolls	Fresh Baked Garlic Bread Slices	Mouthwatering Spanish Rice & Tasty Corn	Homemade Wheat Dinner Rolls	Chilled Fruit Cups Happy Birthday Cake Happy Birthday Decemberites <b>TASTE TEST EVENT</b> Roasted Sweet & White Potatoes w/Fresh Local Herbs



<b>Breakfast</b>	<b>Lunch</b>
Regular \$0.85 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**

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 Or Turkey Mashed Potato w/Gravy Seasoned Carrots Chilled Cranberry Homemade Dinner Roll Holiday Dessert

**Friday, Dec. 18**

**Chef's Creation**

Freshly Made Pepperoni & Cheese Pizza Garden Tossed Salad Chilled Fruit Cup Homemade Low-fat Baked Dessert

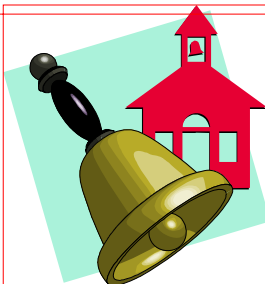
**Buy Local**

We support local New England Companies

Winooski School Garden  
Lewis Creek Farm  
Mazza Farm Stand  
Westminster Cracker C  
Sentinel Orchards  
Michaela's Salsa  
Champlain Orchard  
Cabot Cooperative  
Saputo Cheese Co.  
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**

**Chef's Creation**

Brunch For Lunch Yummy Waffles

Sweet & White Potato Home fries Baked Sausage Links

Homemade Fruit Crisp

**Wed., Dec. 23**

**Localvor Day**

Homemade Turkey Pot Pie

Roasted Root Vegetables

Local Fresh Applesauce Cups

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](http://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