



January
2010

**Golden
Brook
School**

This institution is an equal opportunity provider and employer

Prices
Breakfast

Paid
Reduced
Adult

Lunch

Paid \$1.90
Reduced \$0.40
Adult \$3.00
Milk \$0.50

Pay for meals on-line at



Breakfast
\$1.90

Lunch
\$2.00

Providing parents a safe secure way to manage food service payments and to look up account balances.

Visit our website: www.abbeygroup.net/foodserve.htm to access school menus, online pre-pay and food policy statements.

Friday, Jan. 1



NO
SCHOOL

Available Daily Meal Options

Hoagieville Deli
Garden Fresh Salad Bar
Stoney Field Yogurt &
String Cheese
Vegetarian Options
OR
Hot Entrée listed

The Abbey Group's meal options are prepared home-style daily with fresh local products!

Monday, Jan. 4

Chicken & Cheese
Quesadillas
Sour Cream & Salsa

Steamed White
Rice
Green Beans

Fresh Fruit
Farm Fresh Milk

Tuesday, Jan. 5

Home Style
Macaroni &
Cheese

Steamed Broccoli
Chilled Fruit Cups
Fruit Muffins

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 6

Taco Bar
W/ the Works
Lettuce, Tomato, Peppers,
Salsa, Sour Cream & Cheese.

Spanish Rice
Creamy Coleslaw
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thursday, Jan. 7

Baked Potato
Bar
Seasoned Beef, Bacon Bits,
Cheese Sauce, Broccoli,
Sour Cream & Chives

Caesar Salad
Homemade
Wheat Rolls

Fresh Fruit
Farm Fresh Milk

Friday, Jan. 8

Freshly Made
Pepperoni &
Cheese Pizza

Garden Salad
Low Fat Dressings
Jell-O with Fruit

Fresh Fruit
Farm Fresh Milk



Monday, Jan. 11

Spaghetti
Meat & Marinara
Sauce

Garden Salad
Low-fat Dressing
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Tuesday, Jan. 12

EARLY RELEASE
Oven Baked
Chicken Sandwich

Baked Potato
Wedges
Baby Carrots w/
Dip

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 13

Piping Hot
Pancakes
w/ Real Maple
Syrup

Baked Hash brown
Sausage Links
Fruit Cups
Blueberry Cobbler

Fresh Fruit
Farm Fresh Milk

Thurs., Jan. 14

Hearty
Turkey Noodle
Soup w/ Crackers

Grilled Cheese
Garden Salad
Happy Birthday Cake

Fresh Fruit
Farm Fresh Milk

Friday, Jan. 15

Freshly Made
Pepperoni &
Cheese Pizza

Vegetable Sticks
Hummus Dip
Fruit Cups

Fresh Fruit
Farm Fresh Milk



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**Golden
Brook
School**

Looking for a job
that lets you be
at home when
your family
needs you
there?

**Come
join
our
team!**

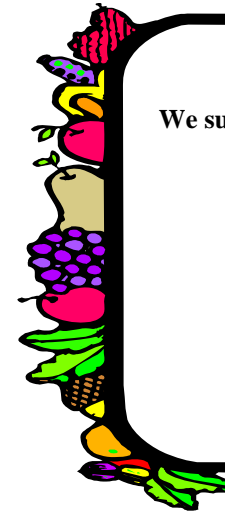


Call today for
more
information.
866-933-4205
X24

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



Available Daily Meal Options

Hoagieville Deli
Garden Fresh Salad Bar
Stoney Field Yogurt &
String Cheese
Vegetarian Options
OR
Hot Entrée listed

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Monday, Jan. 18

**NO
SCHOOL**



Tuesday, Jan. 19

Oven Baked
Chicken Nuggets

Baked Tater Tots
Green Beans
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 20

Homemade
Goulash
Beef, Red Sauce, Pasta

Side Caesar Salad
Homemade
Mozzarella Sticks

Fresh Fruit
Farm Fresh Milk

Thurs., Jan. 21

Localvore Day
McKenzie Hotdogs
With all the fixings

Cabot Mac & Cheese
Vegetable Sticks

Warm Apple Sauce
Cup with New
England Apples &
Cinnamon

Farm Fresh Milk

Friday, Jan. 22

Freshly Made
Pepperoni &
Cheese Pizza

Garden Salad
Low Fat Dressings
Fruit Shape Ups

Fresh Fruit
Farm Fresh Milk

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



Monday, Jan. 25

Beach Party
Extravaganza
"Wear Your Beach
Attire"

Burgers & Dogs
Homemade Chili
Pasta Salad
Assorted Chips
Ice Cream
Novelties

Farm Fresh Milk

Tuesday, Jan. 26

Pasta Bar
Macaroni or Spaghetti
Meat & Cheese Sauce

Garden Salad
Low-Fat Dressing
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 27

Roast Pork
w/Gravy

Roasted Red
Potatoes w/
Rosemary
Glazed Carrots
Homemade Wheat
Dinner Roll

Fresh Fruit
Farm Fresh Milk

Thurs., Jan. 28

Nachos Supreme
Meat & Cheese
Salsa, Peppers, Tomatoes,
Black Olives & Sour Cream

Spanish Rice
Creamy Cole Slaw
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Friday, Jan. 29

Freshly Made
Pepperoni &
Cheese Pizza

Garden Salad
Low Fat Dressings
Raisins

Fresh Fruit
Farm Fresh Milk