

Menus for
NOVEMBER
2009



BENNINGTON ELEMENTARY
This institution is an equal opportunity provider and employer.

Buy Local

We support local New England Companies

Saputo Cheese Co.
Cold Hollow Cider
Sunrise Orchards
Vt. Country Farms
McKenzie
Mighty Food Farm
Green River Produce
Youth Horticultural Group
MAUHS
Cabot Cooperative
Westminster Crackers



Reduced students are eligible for FREE BREAKFAST!

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



DAILY BREAKFAST OPTIONS

Mon: Egg & Cheese Muffin

Tues: Ham & Cheese Bagel

Wed: Combo Bars

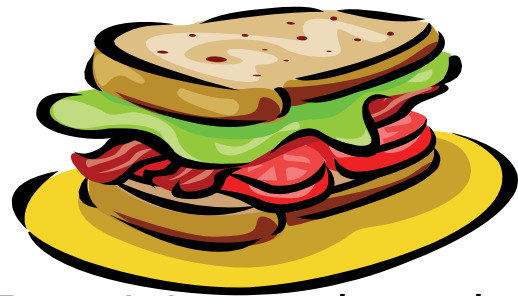
Thurs: Sausage & Cheese Muffin

Fri: Cinnamon Buns

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

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 .



Breakfast

Lunch

Regular \$1.00
Reduced \$0.00
Adult \$1.50

Regular \$1.75
Reduced \$0.40
Adult \$3.00

Monday, Nov. 2

Chef's Creation

BBQ Rib Sandwich

Seasoned Potato Wedges

Glazed Carrots

Tuesday, Nov. 3

Chef's Creation

Hearty Chicken & Biscuits
Creamy Gravy & Chicken

Mixed Vegetables
Cranberry Sauce

Homemade Low-fat Baked Dessert

Wed., Nov. 4

Chef's Creation

Nachos Supreme
Meat & Cheese

Salsa, Peppers,
Tomatoes, Black Olives & Sour Cream

Homemade Spanish Rice & Tasty Corn

Thurs., Nov. 5

Chef's Creation

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

Side Caesar Salad

Homemade Wheat Dinner Rolls

Friday, Nov. 6

Chef's Creation

Freshly Made Pepperoni & Cheese Pizza

Garden Tossed Salad
Chilled Fruit Cups

Homemade Low-fat Baked Dessert

Monday, Nov. 9

Chef's Creation

Oven Baked Chicken Sandwich

Baked Potato Puffs
Cherry Tomatoes

Homemade Low-fat Baked Dessert

Tuesday, Nov. 10

Chef's Creation

Ham & Cheese Double Decker
Ham, Cheese & Dough

Savory Rice Pilaf
Garden Tossed Salad

Homemade Low-fat Baked Dessert

Wed., Nov. 11

Thank You



★ VETERANS' DAY NOVEMBER 11 ★

Thurs., Nov. 12

PARENT/TEACHER CONFERENCES
1/2 DAY

Beef & Cheese Quesadillas
Garden Salsa With Black Beans
White Rice with Seasonal Veggies

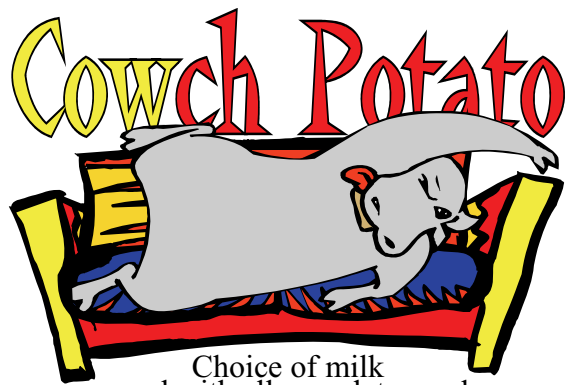
Happy Birthday Cake
Happy Birthday Novemberites

Friday, Nov. 13

PARENT/TEACHER CONFERENCES
1/2 DAY

Chicken Alfredo
Chicken, Pasta, Cheese
Steamed Broccoli Florets
Chilled Fruit Cups

Homemade Fruit Muffin



Choice of milk served with all complete meals:
 Low-fat White & Low-fat Chocolate
 Milk \$0.50 Juice \$0.50

Available Daily

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



KEEPING THE LUNCHLINE MOVING.

Pay for your students meals with our easy on-line bill pay system. Go to:
www.abbeygroup.net/lunchprepay

Monday, Nov. 16

Chef's Creation

- Spaghetti Meat & Marinara Sauce
- Garden Tossed Salad
- Low-fat Dressing
- Fresh Baked Garlic Bread Sticks

Tuesday, Nov. 17

Chef's Creation

- Brunch For Lunch Egg & Cheese Burritos
- Garden Fresh Salsa
- Hash Brown
- Homemade Fruit Crisp

Wed., Nov. 18

Chef's Creation

- Hearty Chicken Noodle Soup w/ Crackers
- Grilled Cheese Sandwich
- Veggie Sticks & Low-fat Dip

Thurs., Nov. 19

Thanksgiving Feast

- Carved Roast Turkey
- Mashed Potato
- Homemade Stuffing
- Brilliant Green Peas
- Chilled Cranberry Sauce
- Savory Gravy
- Homemade Dinner Rolls
- Homemade Pumpkin Bars

Friday, Nov. 20

Chef's Creation

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

Monday, Nov. 23

Chef's Creation

- Dress Your Own Roasted Hot Dog
Ketchup, Mustard, Onions & Relish
- Homemade Baked Beans
- Cucumber Sticks
- Homemade Low-fat Baked Dessert

Tuesday, Nov. 24

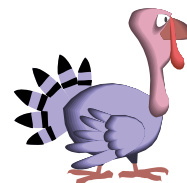
Chef's Creation

- Kids Favorite Meatloaf w/ Gravy
- Chef Made Mashed Potatoes
- Green Peas
- Homemade Wheat Dinner Rolls

Wed., Nov. 25

EARLY DISMISSAL

NO LUNCH SERVED TODAY



Thurs., Nov 26

No School



Friday, Nov 27

No School



Monday, Nov. 30

Localvore Day

- New England Sweet Italian Sausage Served on Steak Roll
- Fresh Potato Wedges
- Spinach Salad w/ Vinaigrette
- New England Apple Dessert
- Taste Test Available



PAY NO ATTENTION TO THAT BIRD!



The clock has not run out!
 We accept applications for free and reduced-price meals all year long.
 It's never too late!

Get in touch with your school today to learn more about free and reduced-price meals in our district