

Menus for
NOVEMBER
2009



Buy Local

We support local New England Companies

Saputo Cheese Co.
Cold Hollow Cider
Sunrise Orchards
Vt. Country Farms
McKenzie
Garvey's Garden
Mazza's Farm Stand
Westminster Cracker Co.
Sentinel Orchards
Cabot Cooperative
New England Coffee



Reduced students are eligible for FREE BREAKFAST!

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



DAILY BREAKFAST OPTIONS

French Toast Sticks
Combo Bars
Ham & Cheese Bagel/Muffin
Egg & Cheese Sandwich
Sausage & Cheese Muffin/Bagel
Cinnamon Buns

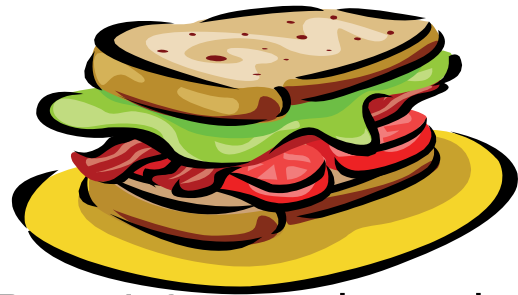
**Cereal, Bagels, Muffins, Fruit, Milk and Juice offered daily

BFA ST. ALBANS

This institution is an equal opportunity provider and employer.

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 \$2.00
Reduced \$0.40
Adult \$3.00

Monday, Nov. 2

Chef's Creation

Buffalo Style
Chicken Wrap

Vegetable Sticks

Garden Pasta
Salad

Tuesday, Nov. 3

Chef's Creation

Hearty
Chicken & Biscuits
Creamy Gravy, Chicken &
Mixed Vegetables

Homemade
Mashed Potato
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
Roll
Homemade
Low-fat Baked
Dessert

Friday, Nov. 6

*Parent/Teacher
Conferences*



**1/2 DAY
NO LUNCH**

Monday, Nov. 9

Chef's Creation

Philly Cheese
Steak Sandwich

Sautéed
Onions & Peppers

Antipasto Salad

Tuesday, Nov. 10

Chef's Creation

Home Style
Roast Pork
Roasted
Sweet Potatoes
Stewed
Apples
Seasoned
Green Beans

Homemade
Low-fat Baked
Dessert

Wed., Nov. 11

Chef's Creation

Pasta Bar
Macaroni or Spaghetti
w/ Meat & Cheese
Sauce

Steamed Broccoli
Florets

Homemade
Garlic
Bread

Thurs., Nov. 12

Chef's Creation

Beef & Cheese
Quesadillas

Garden Salsa
With Black Beans
White Rice with
Seasonal Veggies

Happy Birthday Cake
Happy Birthday
Novemberites

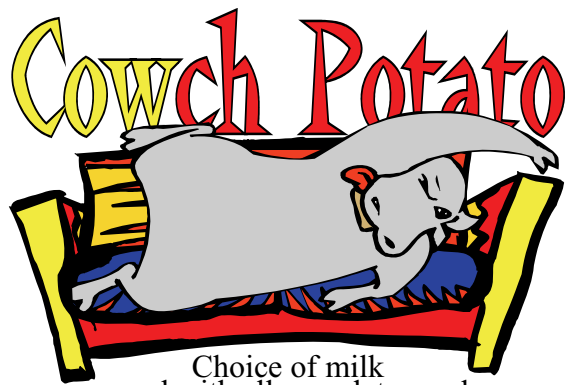
Friday, Nov. 13

Chef's Creation

Marinated
Chicken Breast

Roasted Potatoes
w/ Fresh Herbs
Grilled Seasonal
Veggies

Homemade
Wheat Dinner
Rolls



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

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



Monday, Nov. 16
Chef's Creation
 French Dip Served w/ Au Jus
 Roasted Red Potato
 Piping Hot Carrots

Tuesday, Nov. 17
Chef's Creation
 Chef's Choice Calzones
 Garden Tossed Salad
 Chilled Fruit Cups
 Homemade Fruit Crisp

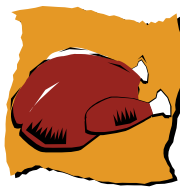
Wed., Nov. 18
Chef's Creation
 Hearty Chicken Noodle Soup w/ Crackers
 Grilled Cheese Sandwich
 Veggie Sticks & Low-fat Dip

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
 Chicken Alfredo (Chicken, Pasta, Cheese)
 Steamed Broccoli Florets
 Chilled Fruit Cups
 Homemade Fruit Muffin

Monday, Nov. 23
Chef's Creation
 Spaghetti Meat & Marinara Sauce
 Garden Tossed Salad
 Low-fat Dressing
 Fresh Baked Garlic Bread Sticks

Tuesday, Nov. 24
Chef's Creation
 Crunchy Popcorn Chicken
 Chippers w/ Dip
 Seasoned Green Beans
 Homemade Wheat Dinner Rolls

Wed., Nov. 25
 No School


Thurs., Nov 26
 No School


Friday, Nov 27
 No School


Monday, Nov. 30
Localvore Day
 Venison Salisbury Steak
 Red Roasted Potatoes
 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

Meals Plus
 KEEPING THE LUNCHLINE MOVING.

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