

Menus for
NOVEMBER
2009



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

Buy Local

**We support local
New England
Companies**

Cabot Cooperative
Westminster Cracker
Sentinel Orchards
Valley Dream Farm
Mazza's Farm Stand
Saputo Cheese Co.
Cold Hollow Cider
Sunrise Orchards
Vt. Country Farms
McKenzie



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: Breakfast Pizza

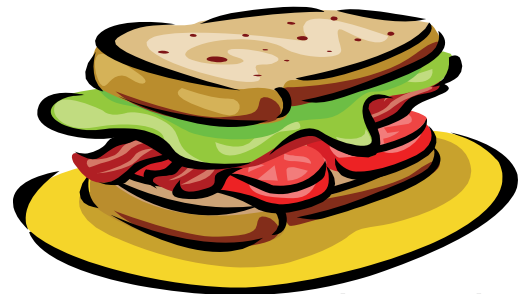
Thurs: Sausage & Cheese Muffin

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 \$0.85
Reduced \$0.00
Adult \$1.50

Regular \$2.00
Reduced \$0.40
Adult \$3.00

Monday, Nov. 2

Chef's Creation

Dress Your Own
Burger or Veggie
Burger
Lettuce, Tomato,
Pickles & Cheese

Homemade
Pasta Salad

Glazed
Carrots

Tuesday, Nov. 3

Chef's Creation

Hearty
Chicken & Biscuits
Creamy Gravy & Chicken

Mixed Vegetables
Cranberry Sauce

Happy Birthday Cake
Happy Birthday
Novemberites

Wed., Nov. 4

Chef's Creation

**Boyd Farm
Ground Beef**
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

Assorted Ice
Cream Novelties

Tuesday, Nov. 10

Chef's Creation

Beef & Cheese
Quesadillas

Garden Salsa
With Black Beans

White Rice with
Seasonal Veggies

Wed., Nov. 11

Chef's Creation

Chicken Alfredo
Chicken, Pasta, Cheese

Steamed Broccoli
Florets
Chilled Fruit Cups

Homemade
Fruit
Muffin

Thurs., Nov. 12

Chef's Creation

Ham & Cheese
Double Decker
Ham, Cheese & Dough
Savory Brown
Rice Pilaf
Garden Tossed
Salad

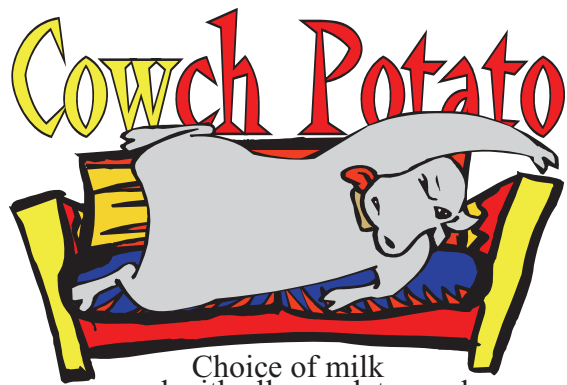
Homemade
Low-fat Baked
Dessert

Friday, Nov. 13

Chef's Creation

Homemade
Cheesy Bread
Sticks
Marinara
Dipping
Sauce
Crunchy Vegetable
Sticks w/ Dip

**TASTE TEST
EVENT**



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



Monday, Nov. 16

Chef's Creation

Brunch For Lunch
Waffles w/
Syrup

Twin Sausage
Links
Oven Baked Hash
brown

Homemade
Fruit Crisp

Tuesday, Nov. 17

Chef's Creation

Spaghetti
Meat & Marinara
Sauce

Garden Tossed
Salad
Low-fat Dressing

Fresh Baked
Garlic
Bread Sticks

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

Dress Your Own
Roasted Hot Dog
Ketchup, Mustard,
Onions & Relish

Rotini w/
Garlic Sauce

Cucumber Sticks

Monday, Nov. 23

No
School



Tuesday, Nov. 24

No
School



Wed., Nov. 25

No
School



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



KEEPING THE
LUNCHLINE
MOVING.

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