

Menus for
NOVEMBER
2009



COVENTRY VILLAGE SCHOOL
This institution is an equal opportunity provider and employer.

Buy Local

We support local New England Companies

Cabot Cooperative
Westminster Cracker
Sentinel Orchards
Coventry Community Garden
Mazza's Farm Stand
Saputo Cheese Co.
Cold Hollow Cider
Sunrise Orchard
Vt. Country Farms
McKenzie



Reduced students are eligible for **FREE BREAKFAST!**

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

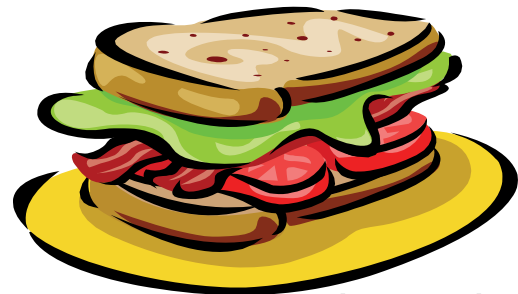


DAILY BREAKFAST OPTIONS

Mon: Egg & Cheese Muffin
Tues: Ham & Cheese Bagel
Wed: Combo Bar
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 \$0.75
Reduced \$0.00
Adult \$1.50

Regular \$1.25
Reduced \$0.40
Adult \$3.00

Monday, Nov. 2

Chef's Creation

Dress Your Own Burger
Lettuce, Tomato, Pickles & Cheese

Seasoned Potato Wedges

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

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

Tuesday, Nov. 10

Chef's Creation

Beef & Cheese Quesadillas

Garden Salsa With Black Beans
White Rice with Seasonal Veggies

Homemade Low-fat Baked Dessert

Wed., Nov. 11

Thank You



VETERANS' DAY
NOVEMBER 11

Thurs., Nov. 12

Chef's Creation

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

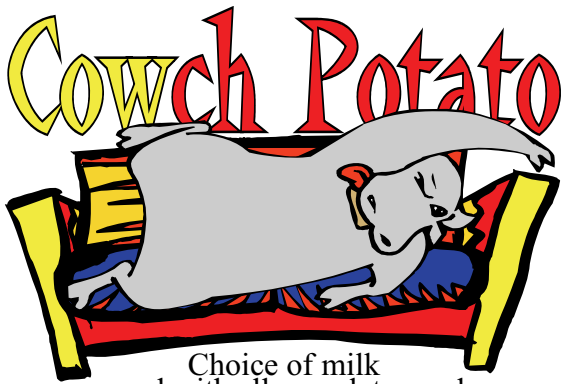
Homemade Low-fat Baked Dessert

Friday, Nov. 13

Parent/Teacher Conferences



NO SCHOOL



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
TASTE TEST EVENT

Monday, Nov. 23
Chef's Creation
 BBQ Rib Sandwich
 Seasoned Potato Wedges
 Glazed Carrots
 Homemade Wheat Dinner Rolls

Tuesday, Nov. 24
Chef's Creation
 Taco Bar W/ the Works
Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.
 Spanish Rice
 Creamy Coleslaw
 Homemade Low-fat Baked Dessert

Wed., Nov. 25
 EARLY DISMISSAL
Chef's Creation
 Chicken Alfredo
 Chicken, Pasta, Cheese
 Steamed Broccoli Florets
 Chilled Fruit Cups
 Homemade Fruit Muffin

Thurs., Nov 26
 No School


Friday, Nov 27
 No School




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. 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