

Menus for
NOVEMBER
2009



BFA FAJRFAX ELEMENTARY
This institution is an equal opportunity provider and employer.

Buy Local

We support local New England Companies

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



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

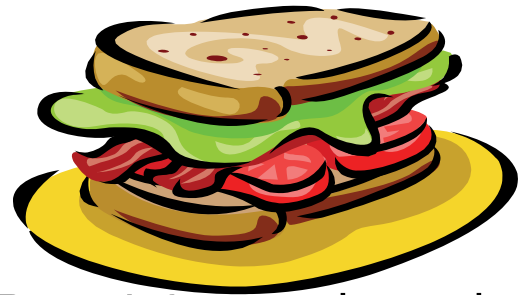
Thurs: Sausage & Cheese Muffin

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 \$1.00
Reduced \$0.00
Adult \$1.50

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

Monday, Nov. 2

Chef's Creation

Healthy Pizza
Monday

Garden Tossed
Salad

Chilled Fruit Cup

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

Fish- n-Chips
Fish Nuggets & Fries

Creamy Tarter
Sauce
Apple Sauce
Cups

Homemade
Wheat Dinner
Rolls

Monday, Nov. 9

Chef's Creation

Healthy Pizza
Monday

Garden Tossed
Salad

Chilled Fruit Cup

Tuesday, Nov. 10

Chef's Creation

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

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

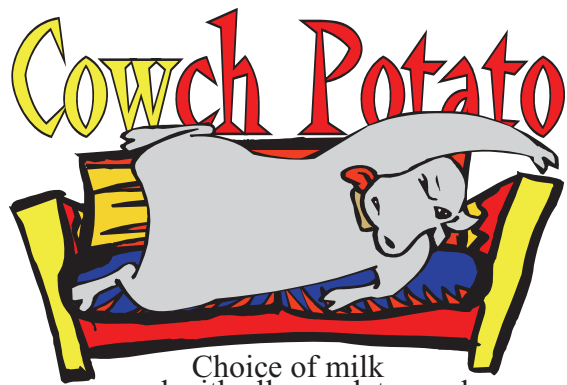
Happy Birthday Cake
Happy Birthday
Novemberites

Friday, Nov. 13

Chef's Creation

Oven Baked
Chicken Sandwich
Baked Potato
Puffs
Cherry Tomatoes
Homemade
Low-fat Baked
Dessert

Taste Test Event
Creamy Roasted
Squash Soup w/
Westminster Oyster
Crackers



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
 Healthy Pizza Monday
 Garden Tossed Salad
 Chilled Fruit Cup

Tuesday, Nov. 17
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. 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
 Brunch For Lunch
 Egg & Cheese Burritos
 Garden Fresh Salsa Hash Brown
 Homemade Fruit Crisp

Monday, Nov. 23
Chef's Creation
 Healthy Pizza Monday
 Garden Tossed Salad
 Chilled Fruit Cup

Tuesday, Nov. 24
Chef's Creation
 Kids Favorite Meatloaf w/ Gravy
 Chef Made Mashed Potatoes Green Peas
 Homemade Wheat Dinner Rolls

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



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