

Menus for  
**NOVEMBER**  
2009



**BFA FAIRFAX HIGH SCHOOL**  
*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](http://www.abbeygroup.net)



**DAILY BREAKFAST OPTIONS**

Mon: Egg & Cheese Muffin

Tues: Ham & Cheese Bagel

Wed: Combo Bars

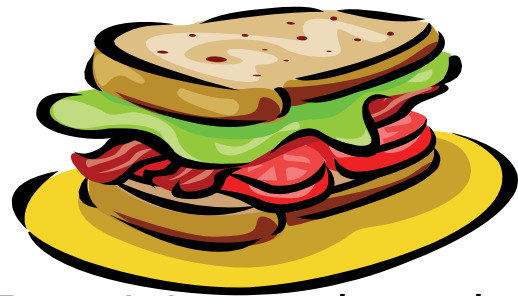
Thurs: Sausage & Cheese Muffin

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 \$2.00  
Reduced \$0.40  
Adult \$3.00

**Monday, Nov. 2**

**Chef's Creation**

Italian Style Calzones  
Pepperoni, Ham & Veggie

Garden Tossed Salad  
Low-fat Dressing

Marinara Dipping Sauce

**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 Roll

Homemade Low-fat Baked Dessert

**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**

Homemade Cheesy Bread Sticks

Hearty Minestrone Soup

Marinara Dipping Sauce

**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**

**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

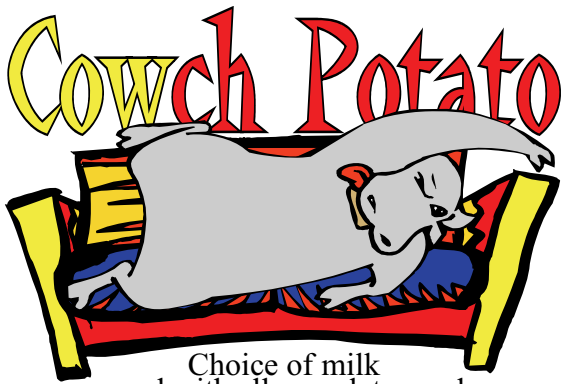
**Friday, Nov. 13**

**Chef's Creation**

Philly Cheese Steak Sandwich

Sautéed Onions & Peppers

Antipasto Salad  
**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
- \*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**  
 Taco Bar W/ the Works  
Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.  
 Spanish Rice Creamy Coleslaw  
 Homemade Low-fat Baked Dessert

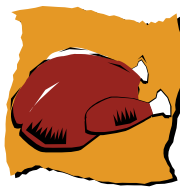
**Wed., Nov. 18**  
**Chef's Creation**  
 Hearty Chicken Noodle Soup w/ Crackers  
 Grilled Cheese Sandwich  
 Veggie Sticks & Low-fat Dip

**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  
 Yummy Waffles & Scrambled Eggs  
 Sweet & White Potato Home fries  
 Baked Ham Slices  
 Homemade Fruit Crisp

**Monday, Nov. 23**  
**Chef's Creation**  
 Chicken Alfredo  
Chicken, Pasta, Cheese  
 Steamed Broccoli Florets  
 Chilled Fruit Cups  
 Homemade Fruit Muffin

**Tuesday, Nov. 24**  
**Chef's Creation**  
 Savory 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  




**KEEPING THE LUNCHLINE MOVING.**

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



*Please join us for our Thanksgiving Feast*  
 Thursday  
 Nov. 19, 2009  
 See you there!

**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