

Menus for  
**NOVEMBER**  
2009



**FAJRFEJD CENTER SCHOOL**  
*This institution is an equal opportunity provider and employer.*

**Buy Local**

**We support local New England Companies**

Stone Hollow Farm  
Green Heron Farm  
Flack Family Farm  
Cabot Cooperative  
Westminster Cracker  
Sentinel Orchards  
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](http://www.abbeygroup.net)

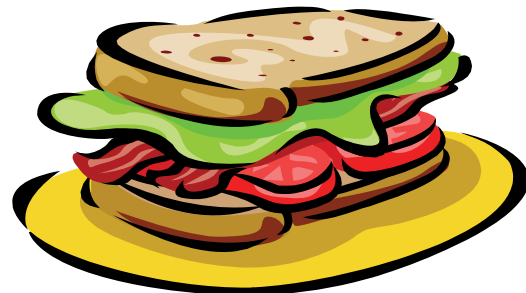


**DAILY BREAKFAST OPTIONS**

Mon: Combo Bar  
Tues: Ham & Cheese Bagel  
Wed: Egg & Cheese Sandwich  
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 \$1.80  
Reduced \$0.40  
Adult \$3.50

**Monday, Nov. 2**

**Chef's Creation**

BBQ Rib Sandwich

Seasoned Potato Wedges

Glazed Carrots

**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**

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

Homemade Low-fat Baked Dessert

**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**

Beef & Cheese Quesadillas

Garden Salsa With Black Beans  
White Rice with Seasonal Veggies

Happy Birthday Cake  
Happy Birthday Novemberites

**Thurs., Nov. 12**

**Chef's Creation**

Homemade Cheesy Bread Sticks

Hearty Minestrone Soup

Marinara Dipping Sauce

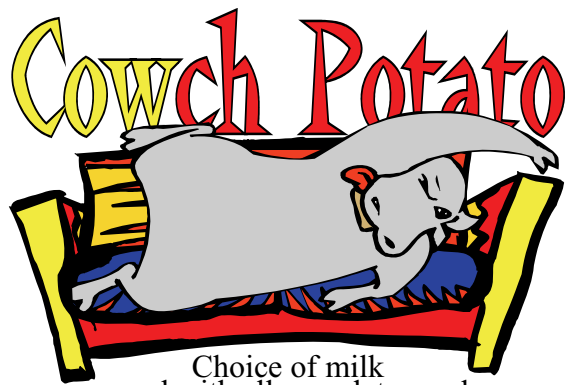
**Friday, Nov. 13**

**Chef's Creation**

Chicken Alfredo  
Chicken, Pasta, Cheese

Steamed Broccoli Florets  
Chilled Fruit Cups

Homemade Fruit Muffin



Choice of milk served with all complete meals:  
 Low-fat White & Low-fat Chocolate  
 Milk \$0.75      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**  
 Spaghetti Meat & Marinara Sauce  
 Garden Tossed Salad  
 Low-fat Dressing  
 Fresh Baked Garlic Bread Sticks

**Tuesday, Nov. 17**  
**Chef's Creation**  
 Brunch For Lunch Egg & Cheese Burritos  
 Garden Fresh Salsa  
 Hash Brown  
 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**  
 Freshly Made Pepperoni & Cheese Pizza  
 Garden Tossed Salad  
 Chilled Fruit Cups  
 Homemade Low-fat Baked Dessert

**Monday, Nov. 23**  
**Chef's Creation**  
 Dress Your Own Roasted Hot Dog  
Ketchup, Mustard, Onions & Relish  
 Homemade Baked Beans  
 Cucumber Sticks  
 Homemade Low-fat Baked Dessert

**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

**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](http://www.abbeygroup.net/lunchprepay)