

Menus for
NOVEMBER
2009



Buy Local

We support local New England Companies

Cabot Cooperative
Westminster Cracker
Sentinel Orchards
Foote Brook Farm
Mazza's Farm Stand
Squash Valley Produce
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**

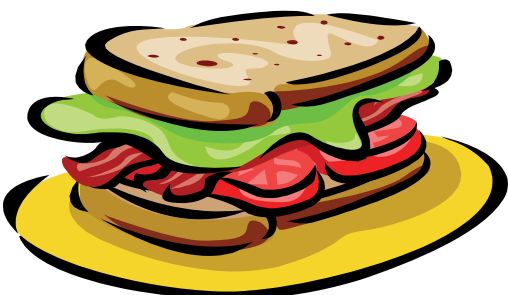
JOHNSON ELEMENTARY
This institution is an equal opportunity provider and employer.

REQUIRED COURSE

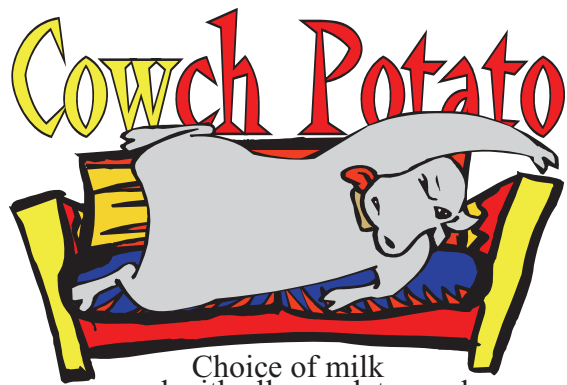
We don't consider lunch to be optional. Every kid needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. And that's also why we provide free and reduced-price meals for families that qualify. Please let us know if you have any questions .

Monday, Nov. 2	Tuesday, Nov. 3	Wed., Nov. 4	Thurs., Nov. 5	Friday, Nov. 6
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation
Dress Your Own Burger Or Veggie Burger Lettuce, Tomato, Pickles & Cheese	Hearty Chicken & Biscuits Creamy Gravy & Chicken	Nachos Supreme	Baked Potato Bar Seasoned Beef, Bacon Bits, Cheese Sauce, Broccoli, Sour Cream & Chives	Freshly Made Pepperoni & Cheese Pizza
Pasta Salad	Mixed Vegetables Cranberry Sauce	Meat & Cheese Salsa, Peppers, Tomatoes, Black Olives & Sour Cream	Side Caesar Salad	Garden Tossed Salad
Glazed Carrots	Happy Birthday Cake Happy Birthday Novemberites	Homemade Spanish Rice & Tasty Corn	Homemade Wheat Dinner Rolls	Chilled Fruit Cups
				Homemade Low-fat Baked Dessert

Monday, Nov. 9	Tuesday, Nov. 10	Wed., Nov. 11	Thurs., Nov. 12	Friday, Nov. 13
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation
Oven Baked Chicken Sandwich	Beef & Cheese Quesadillas	Chicken Alfredo Chicken, Pasta, Cheese Steamed Broccoli Florets	Ham & Cheese Double Decker Ham, Cheese & Dough Savory Brown Rice Pilaf	Homemade Cheesy Bread Sticks
Baked Potato Puffs	Garden Salsa With Black Beans White Rice with Seasonal Veggies	Chilled Fruit Cups	Garden Tossed Salad	Hearty Minestrone Soup
Cherry Tomatoes	Homemade Low-fat Baked Dessert	Homemade Fruit Muffin TASTE TEST EVENT	Assorted Ice Cream Novelties	Marinara Dipping Sauce



Breakfast	Lunch
Regular \$0.85 Reduced \$0.00 Adult \$1.50	Regular \$2.00 Reduced \$0.40 Adult \$3.00



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 browns
 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/lunchprepay