

Menus for  
**NOVEMBER**  
2009



**MT. HOLLY ELEMENTARY SCHOOL**  
*This institution is an equal opportunity provider and employer.*

**Buy Local**

**We support local New England Companies**

- Saputo Cheese Co.
- Cold Hollow Cider
- Sunrise Orchards
- Vt. Country Farms
- McKenzie
- Cortland Orchards
- Dutton Farm
- Deer Ridge Farm
- Windham Farm to School Distribution
- Fertile Fields
- Green Mtn. Orchard
- Harlow Farm
- Picadilly Farm



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

Menus are on the web at:  
[www.abbeygroup.net](http://www.abbeygroup.net)



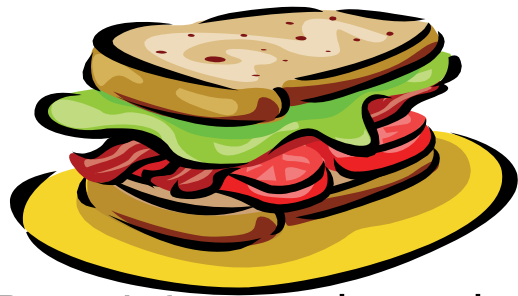
**DAILY BREAKFAST OPTIONS**

- Mon: Egg & Cheese Muffin
  - Tues: Ham & Cheese Bagel
  - Wed: Combo 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 \$1.25

Regular \$2.00  
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

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**

**International Day**

- Spain: Pollo Al Horno Con Almendras upinones
- Chicken Casserole w/ Almonds & Pinenuts**
- Japan: E Damane
- Green Beans**
- El Salvadore: **Sweet Potatoes**
- Iran: Naan-o-paneer-o-sabzi
- Flat Bread w/Herbs**
- India: Kheer-Payafam-Payaf
- Rice Pudding**

**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**

Beef & Cheese Quesadillas

Garden Salsa With Black Beans  
White Rice with Seasonal Veggies

Happy Birthday Cake  
Happy Birthday Novemberites

**Wed., Nov. 11**

**Thank You**



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**VETERANS' DAY**  
NOVEMBER 11

**Thurs., Nov. 12**

**Chef's Creation**

Ham & Cheese Double Decker  
Ham, Cheese & Dough

Savory Rice Pilaf  
Garden Tossed Salad

Homemade Low-fat Baked Dessert

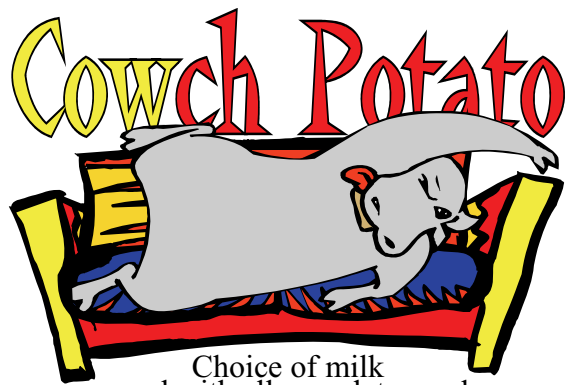
**Friday, Nov. 13**

**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 \$0.50      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**

- 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 Blueberry Cobbler

**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

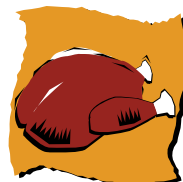
**Tuesday, Nov. 24**

**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



**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)



**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