

Menus for  
**NOVEMBER**  
2009



**PUTNEY CENTRAL 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

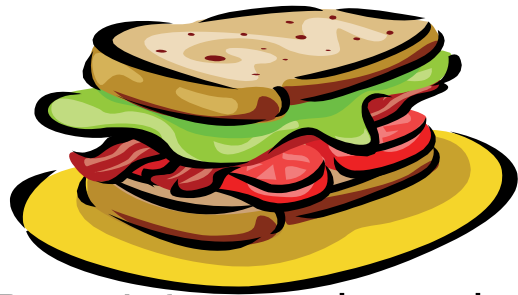
Fri: Cinnamon Buns

\*\*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 \$0.75  
Reduced \$0.00  
Adult \$1.50

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

**Monday, Nov. 2**

**Chef's Creation**

Home Style Macaroni & Cheese

Seasoned Green Beans

Yummy Corn Bread

**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**

**EARLY DISMISSAL**

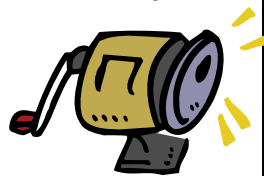
**Chef's Creation**

Freshly Made Pepperoni & Cheese Pizza  
Garden Tossed Salad

Chilled Fruit Cups  
Homemade Low-fat Baked Dessert

**Monday, Nov. 9**

**In-Service Day**



**Our teachers are busy sharpening their skills for you!**

**Tuesday, Nov. 10**

**Chef's Creation**

Oven Baked Chicken Sandwich

Baked Potato Puffs  
Cherry Tomatoes

Homemade Low-fat Baked Dessert

**Wed., Nov. 11**

**Chef's Creation**

Ham & Cheese Double Decker  
Ham, Cheese & Dough

Savory Rice Pilaf  
Garden Tossed Salad

Homemade Low-fat Baked Dessert

**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

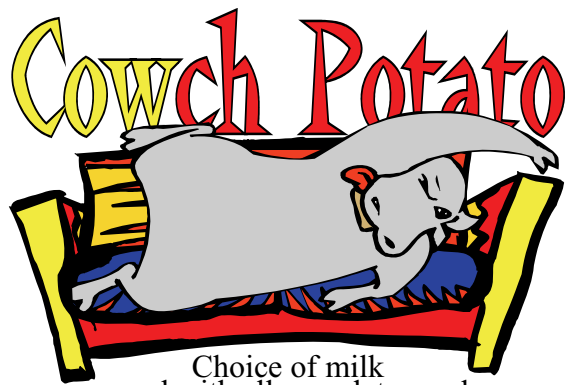
**Friday, Nov. 13**

**Chef's Creation**

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 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**

**Chef's Creation**

Freshly Made Pepperoni & Cheese Pizza

Garden Tossed Salad  
 Chilled Fruit Cups

Homemade Low-fat Baked Dessert

**Friday, Nov. 20**

**Thanksgiving Feast**

Carved Roast Turkey  
 Mashed Potato  
 Homemade Stuffing  
 Brilliant Green Peas  
 Chilled Cranberry Sauce  
 Savory Gravy  
 Homemade Dinner Rolls  
 Homemade Pumpkin Bars

**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**

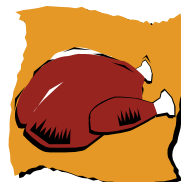
Kids Favorite Meatloaf w/ Gravy

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