

Menus for  
**NOVEMBER**  
2009

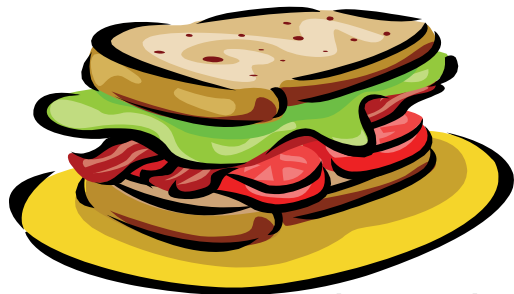


**RUTLAND TOWN SCHOOL**

*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 .



**Breakfast**

**Lunch**

Regular \$1.00  
Reduced \$0.00  
Adult \$1.50

Regular \$2.00  
Reduced \$0.40  
Adult \$3.00

## Buy Local

**We support local New England Companies**

Russell Farm  
Mazza Farm Stand  
Westminster Cracker  
Sentinel Orchards  
Cabot Cooperative  
Champlain 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: 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

**Monday, Nov. 2**

### 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. 3**

### Chef's Creation

Hearty Chicken & Biscuits  
Creamy Gravy & Chicken

Mixed Vegetables

Cranberry Sauce

**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

**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 Brown Rice Pilaf  
Garden Tossed Salad

Homemade Low-fat Baked Dessert

**Wed., Nov. 11**

**Thank You**



\*\*\*\*\*  
★ VETERANS' DAY ★  
NOVEMBER 11

**Thurs., Nov. 12**

### Chef's Creation

Beef & Cheese Quesadillas

Garden Salsa With Black Beans  
White Rice with Seasonal Veggies

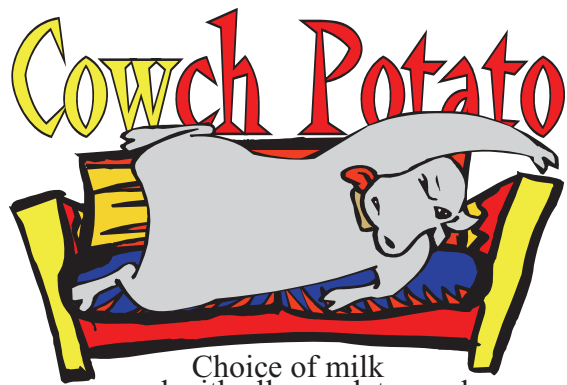
Happy Birthday Cake  
Happy Birthday Novemberites

**Friday, Nov. 13**

### Chef's Creation

Homemade Cheesy Bread Sticks  
Hearty Minestrone Soup  
Marinara Dipping Sauce

**Taste Test Event**  
Creamy Roasted Squash Soup w/ Westminster 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
- \*Garden Fresh Salad Bar
- \*Cabot Yogurt & String Cheese
- \*Vegetarian Options
- \*Farm Fresh Milk
- \*Asst. Juice & Fresh Fruit



**Monday, Nov. 16**  
**Chef's Creation**  
 BBQ Rib Sandwich  
 Seasoned Potato Wedges  
 Glazed 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**  
 Freshly Made Pepperoni & Cheese Pizza  
 Garden Tossed Salad  
 Chilled Fruit Cups

**Monday, Nov. 23**  
**Chef's Creation**  
 Home Style Macaroni & Cheese  
 Steamed Broccoli Florets  
 Chilled Fruit Cups  
 Homemade Fruit Muffin

**Tuesday, Nov. 24**  
**Chef's Creation**  
 Brunch for Lunch  
 French Toast Casserole  
 Twin Sausage Links  
 Oven Baked Hash brown  
 Blueberry Crisp

**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 OR McKenzie Hot Dog  
 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!



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

Get in touch with your school today to learn more about free and reduced-price meals in our district