

Menus for
NOVEMBER
2009



SHAFTSBURY ELEMENTARY
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
Mighty Food Farm
Green River Produce
Youth Horticultural Group
MAUHS
Cabot Cooperative
Westminster Crackers
Vt. Country Farms
McKenzie



Reduced students are eligible for FREE BREAKFAST!

Menus are on the web at:
www.abbeygroup.net

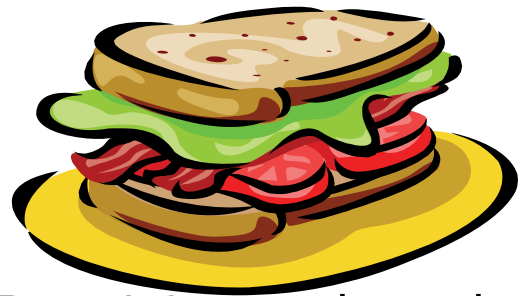


DAILY BREAKFAST OPTIONS

Mon: Egg & Cheese Muffin
Tues: Ham & Cheese Bagel
Wed: Combo Bars
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 \$1.50

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

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

Thank You

★ VETERANS' DAY ★
NOVEMBER 11

Thurs., Nov. 12

PARENT/TEACHER CONFERENCES
1/2 DAY

Beef & Cheese Quesadillas
Garden Salsa With Black Beans
White Rice with Seasonal Veggies

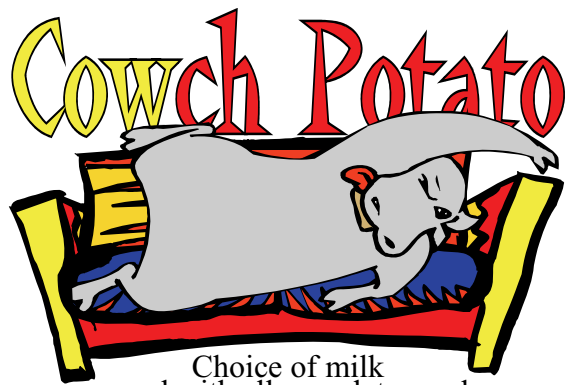
Happy Birthday Cake
Happy Birthday Novemberites

Friday, Nov. 13

PARENT/TEACHER CONFERENCES
1/2 DAY

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

*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

EARLY DISMISSAL

Oven Baked Chicken Nuggets

Crispy French Fries
 Seasoned Corn

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