

Shrewsbury Elementary School

November 2008

Monday

Tuesday

Wednesday

Thursday

Friday



<h2 style="color: red;">Chefs Corner</h2> <p>Try our daily alternatives offered everyday! Worlds Best Hoagville Deli Sandwiches Garden Fresh Chef Salad Creamy Cabot Yogurt</p>				
Reduced Students qualify for FREE breakfast all year!				

www.abbeygroup.net
 comments@abbeygroup.net

Local Corner

This month we have Potatoes, Crackers Zucchini, Summer Squash Cucumbers & Yogurt
 Please contact us if you have local products that we could add to our menu.

	3	4	5	6	7
	Oven Baked Chicken Nuggets ♥Steamed Broccoli ♥Rice Pilaf with ♥Seasonal Vegetables ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Ham & Cheese Melt on a Whole Wheat Bagel ♥Oven Baked Potato Puffs ♥Seasoned Green Beans ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Homemade Meat or Veggie Lasagna ♥Crunchy Vegetable Sticks ♥Creamy Ranch Dip Garlic Dunker Bread ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	♥Chinese Fried Rice Veggies,Meat,Rice ♥Steamed Veggies ♥Mini Egg Rolls ♥Homemade Fruit Muffins ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Chilled Fruit Cups ♥Homemade Healthy Dessert Assorted Juice or Fresh Fruit ♥Farm Fresh Milk

For Healthy Eating Tips
www.myramid.gov

	10	11	12	13	14
	No School	No School	Dress Your Own Burger ♥pickles, lettuce, tomatoes, & cheese ♥Seasoned Green Peas ♥Seasoned Potatoes Wedges ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Chilled Applesauce Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Local Day Cheddar Potato Soup Westminster Crackers Grilled Cheese Sandwich ♥Country Salad ♥Maple Vinaigrette Local Featured Dessert ♥Farm Fresh Milk

Thanksgiving Luncheon
 Roasted Turkey Dinner
 Served with Creamy Gravy
 ♥Mashed Potatoes, Peas
 ♥Stuffing, Cranberry Sauce
 and Homemade Dinner Roll
 Pumpkin Squares
 ♥Farm Fresh Milk

	17	18	19	20	21
	Oven Baked Chicken Sandwich pickles, ♥lettuce, ♥tomatoes, & cheese ♥California Blended Vegetables ♥Rotini with Garlic Sauce Assorted Juice or Fresh Fruit ♥Farm Fresh Milk	Homemade Spaghetti ♥Meat or Marinara Sauce ♥Fresh Garden Tossed Salad ♥Italian/Garlic Dunker Bread ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Nachos Supreme Meat, Cheese, Salsa, Onions, ♥Peppers, ♥Tomatoes, Black Olives, Sour Cream, and Nacho Chips ♥Spanish Rice Pilaf ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Roasted Turkey Dinner Served with Creamy Gravy ♥Mashed Potatoes, Peas ♥Stuffing, Cranberry Sauce and Homemade Dinner Roll Pumpkin Squares ♥Farm Fresh Milk	Sponge Bob Casserole Homemade Shepherds Pie ♥Crunchy Vegetable Sticks ♥Creamy Ranch Dip ♥Fiesta Corn Muffins ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk

Prices

Regular Priced Breakfast, \$1.00
 Reduced Priced Breakfast, \$.00
 Regular Priced Lunch, \$1.80
 Reduced Priced Lunch, \$.40
 Vermont Farm Fresh Milk, \$.50
 Assorted Juice Box, \$.50
 Adult Lunch Price, \$3.00

	24	25	26	27	28
	Taco Bar w/ the Works! Lettuce, Tomato, Cheese Cabot Sour Cream, Salsa, Peppers ♥ Spanish Rice ♥Fresh Homemade Coleslaw ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Brunch for Lunch Piping Hot Waffles ♥Baked Breakfast Ham ♥Seasoned Sweet N White Potatoes ♥Homemade Healthy Crisp ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	No School	No School	No School

Parents Wanted! Now accepting applications for the Food Service. Call Scott at the Abbey Group, 1-866-933-4205 x26 or online applications at www.abbeygroup.net
 If your income has changed for any reason, you may apply for free or reduced priced meals anytime. This information is strictly confidential
 Our menus are designed to meet the dietary guidelines of 30% or less fat from calories. This institution is an equal opportunity provider. Menus may change due to school closings without notice.