

Menus for
NOVEMBER
2009



ST. ALBANS CITY SCHOOL
This institution is an equal opportunity provider and employer.

Buy Local

We support local New England Companies

Garvey's Garden
Mazza's Farm Stand
Westminster Cracker
Sentinel Orchards
Cabot Cooperative
New England Coffee
Saputo Cheese Co.
Cold Hollow Cider
Sunrise Orchard
Vt. Country Farms
McKenzie



Reduced students are eligible for FREE BREAKFAST!

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

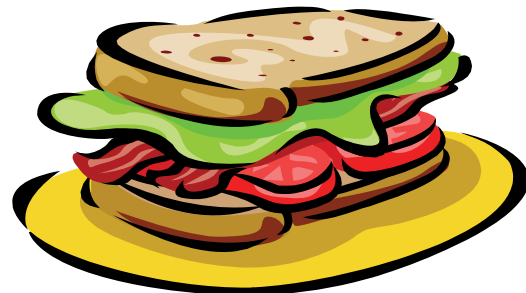


DAILY BREAKFAST OPTIONS

Mon: Combo Bar
Tues: Ham & Cheese Bagel
Wed: Egg & Cheese Sandwich
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 \$0.85
Reduced \$0.00
Adult \$1.50

Regular \$1.50
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

Chef's Creation

Taco Bar W/ the Works
Lettuce, Tomato, Peppers,
Salsa, Sour Cream & Cheese
Soft or Hard Shell

Spanish Rice
Creamy Coleslaw

Homemade Low-fat Baked Dessert

Thurs., Nov. 12

Chef's Creation

Homemade Cheesy Bread Sticks

Hearty Minestrone Soup

Marinara Dipping Sauce

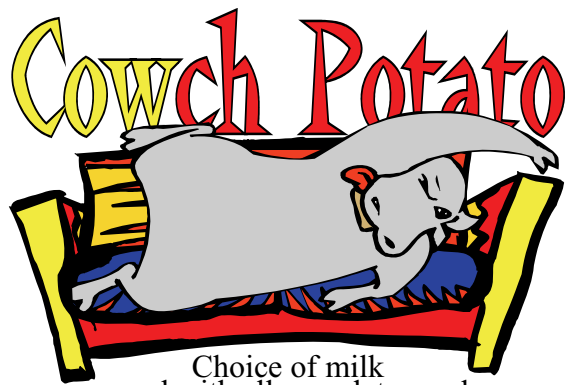
Friday, Nov. 13

Chef's Creation

Freshly Made Pepperoni & Cheese Pizza

Garden Tossed Salad
Chilled Fruit Cups

Homemade Low-fat Baked Dessert



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
 Pancakes w/ Maple Syrup
 Twin Sausage Links
 Oven Baked Hash Brown
 Homemade Fruit Crisp

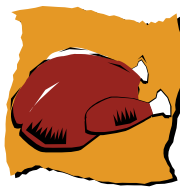
Wed., Nov. 18
Chef's Creation
 Hearty Chicken Noodle Soup w/ Crackers
 Grilled Cheese Sandwich
 Veggie Sticks & Low-fat Dip

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
 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



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



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