

Menus for
NOVEMBER
2009



VERGENNES UNION HIGH 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
Cabot Cooperative
Westminster Cracker
Sentinel Orchards
Mazza's Farm Stand



Reduced students are eligible for FREE BREAKFAST!

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

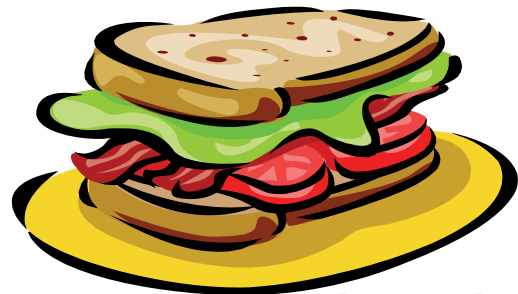


DAILY BREAKFAST OPTIONS

- 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 \$2.00
Reduced \$0.40
Adult \$3.00

Monday, Nov. 2

Chef's Creation

Fish- n-Chips
Fish Sticks & Fries

Creamy Tarter
Sauce
Apple Sauce
Cups

Homemade
Wheat Dinner
Rolls

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

Homemade
Low-fat Baked
Dessert

Friday, Nov. 6

Chef's Creation

Marinated
Chicken Breast

Roasted Potatoes
w/ Fresh Herbs
Grilled Seasonal
Veggies

Homemade
Wheat Dinner
Rolls

Monday, Nov. 9

Chef's Creation

Philly Cheese
Steak Sandwich

Sautéed
Onions & Peppers

Antipasto Salad

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

Pasta Bar
Macaroni or Spaghetti
w/ Meat & Cheese
Sauce

Steamed Broccoli
Florets

Homemade
Garlic
Bread

Thurs., Nov. 12

Chef's Creation

Beef & Cheese
Quesadillas

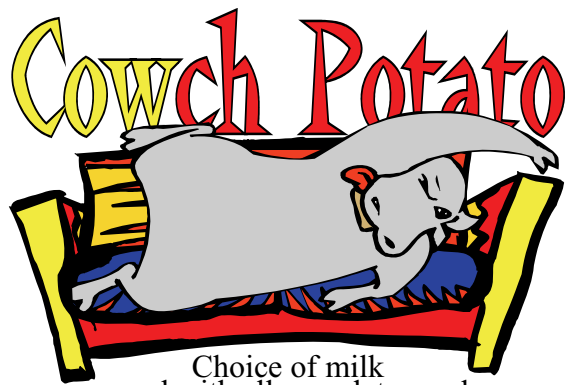
Garden Salsa
With Black Beans
White Rice with
Seasonal Veggies

Happy Birthday Cake
Happy Birthday
Novemberites

Friday, Nov. 13



NO SCHOOL



Choice of milk served with all complete meals:
 Low-fat White & Low-fat Chocolate
 Milk \$0.50 Juice \$0.50

Available Daily

- *Hoagieville Deli
- *Zesty Pizza
- *Garden Fresh Salad Bar
- *Popular Express Lane
- *Cabot Yogurt & String Cheese
- *Vegetarian Options
- *Farm Fresh Milk
- *Asst. Juice
- *Fresh Fruit



Monday, Nov. 16

Chef's Creation

French Dip
 Served w/
 Au Jus

Roasted Red
 Potato
 Piping Hot Carrots

Homemade
 Low-fat Baked
 Dessert

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

Italian Style
 Calzones
Pepperoni, Ham & Veggie

Garden Tossed
 Salad
 Low-fat Dressing

Marinara
 Dipping
 Sauce

Monday, Nov. 23

Chef's Creation

Chicken Alfredo
Chicken, Pasta, Cheese

Steamed Broccoli
 Florets
 Chilled Fruit Cups

Homemade
 Fruit
 Muffin

Tuesday, Nov. 24

Chef's Creation

Savory 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



KEEPING THE
 LUNCHLINE
 MOVING.

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