

Menus for  
**NOVEMBER**  
2009



**Buy Local**

**We support local New England Companies**

Saputo Cheese Co.  
Cold Hollow Cider  
Sunrise Orchards  
Vt. Country Farm  
McKenzie  
Mazza Farm Stand  
Westminster Cracker  
Sentinel Orchards  
Cabot Cooperative  
Champlain Orchards  
New England Coffee



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 Bars

Thurs: Sausage & Cheese Muffin

Fri: Cinnamon Buns

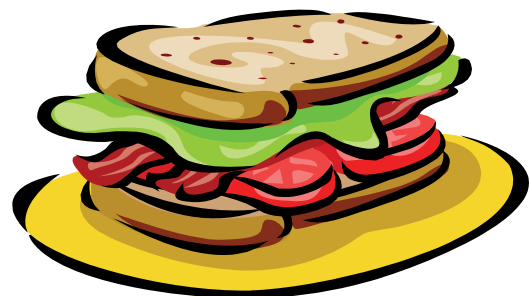
\*\*Cereal, Bagels, Muffins, Fruit, Milk and Juice offered daily

**WEST RUTLAND 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

**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**

Italian Style Calzones  
Pepperoni, Ham & Veggie

Garden Tossed Salad  
Low-fat Dressing

Marinara Dipping Sauce

**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**



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**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

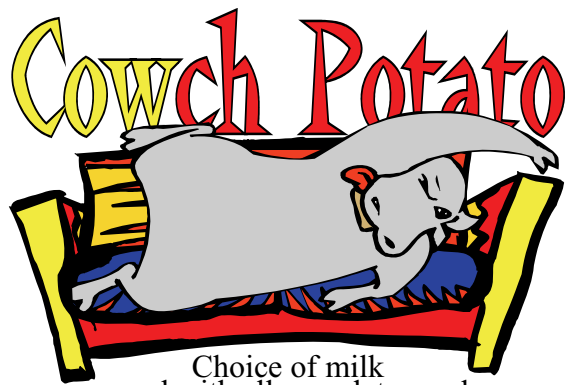
**Friday, Nov. 13**

**Chef's Creation**

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
- \*Zesty Pizza
- \*Garden Fresh Salad Bar
- \*Cabot Yogurt w/ 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  
 Egg & Cheese Burritos  
 Garden Fresh Salsa  
 Hash Brown  
 Homemade Fruit Crisp

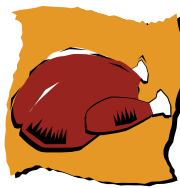
**Wed., Nov. 18**  
**Chef's Creation**  
 Hearty Chicken Noodle Soup w/ Crackers  
 Grilled Cheese Sandwich  
 Veggie Sticks & Low-fat Dip

**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**  
 Fish- n-Chips  
 Fish Nuggets & Fries  
 Creamy Tarter Sauce  
 Apple Sauce Cups  
 Homemade Wheat Dinner Rolls

**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  


**The Nutrition Sleuth**

Taking a closer look at the foods we eat . . .

Some turkey lovers prefer dark meat because it's so moist and flavorful. That's because it has more fat – about 8 grams in a 3½ ounce serving compared to 4 grams for white meat. That's not really a reason to avoid dark meat, but skin is another story – there are 44 grams of fat in 3½ ounces of turkey skin!



Calorie analysis of this typical  
 School Lunch Combo:  
 Roast Turkey w/Gravy  
 Mashed Potatoes  
 Steamed Broccoli  
 Cranberry Sauce  
 Whole Wheat Roll w/Butter  
 Lowfat Chocolate Milk  
 Total calories: 715  
 Calories from protein: 22%  
 Cal. from carbohydrates: 53%

**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



Please join us for our  
 Thanksgiving Feast  
 Thursday  
 Nov. 19, 2009  
 See you there!

**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