



WINDHAM HIGH SCHOOL
This institution is an equal opportunity provider and employer.

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

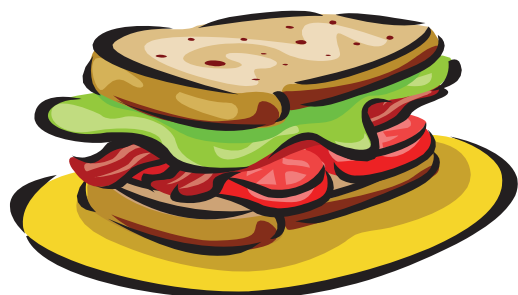
NH Farm to School Program
Get Smart. Eat Local
A project to connect New Hampshire Farms and Schools

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



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 .

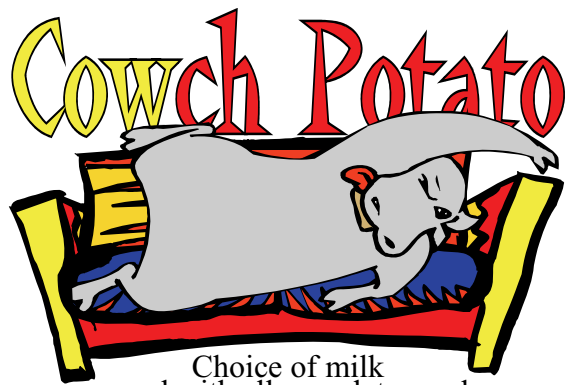


Breakfast **Lunch**

Regular \$1.25
Reduced \$0.30
Adult \$1.75

Regular \$2.50
Reduced \$0.40
Adult \$3.00

Monday, Nov. 2	Tuesday, Nov. 3	Wed., Nov. 4	Thurs., Nov. 5	Friday, Nov. 6
Chef's Creation BBQ Rib Sandwich Potato Puffs Fresh Baby Carrots w/Dip Homemade Low-fat Baked Dessert	NO SCHOOL	Chef's Creation Nachos Supreme Meat & Cheese Salsa, Peppers, Tomatoes, Black Olives & Sour Cream Homemade Spanish Rice & Tasty Corn	Chef's Creation Baked Potato Bar <small>Seasoned Beef, Bacon Bits, Cheese Sauce, Broccoli, Sour Cream & Chives</small> Side Caesar Salad Homemade Wheat Dinner Rolls	Chef's Creation Philly Cheese Steak Sandwich Antipasto Salad Sautéed Onions & Peppers Fruit Juice Shape-ups
Monday, Nov. 9	Tuesday, Nov. 10	Wed., Nov. 11	Thurs., Nov. 12	Friday, Nov. 13
Chef's Creation Italian Style Calzones <small>Pepperoni, Ham & Veggie</small> Garden Tossed Salad Low-fat Dressing Marinara Dipping Sauce	Chef's Creation Hearty Chicken & Biscuits <small>Creamy Gravy & Chicken</small> Mixed Vegetables Cranberry Sauce	Thank You VETERANS' DAY NOVEMBER 11	Chef's Creation Dress Your Own Burger <small>Lettuce, Tomato, Pickles & Cheese</small> Rotini w/ Garlic Butter Steaming Hot Vegetables	Chef's Creation Marinated Chicken Breast Roasted Potatoes w/ Fresh Herbs Grilled Seasonal Veggies Homemade Wheat Dinner Rolls Happy Birthday Cake Happy Birthday Novemberites



Choice of milk served with all complete meals:

Low-fat White & Low-fat Chocolate

Milk \$0.75 Juice \$0.50

Monday, Nov. 16

Chef's Creation

Spaghetti
Meat & Marinara
Sauce

Garden Tossed
Salad
Low-fat Dressing
Sliced Bread
w/Butter

Tuesday, Nov. 17

Chef's Creation

Brunch For Lunch
Pancake or
Waffles w/Real
Maple Syrup and
Blueberries

Twin Sausage
Links
Hash Brown

Wed., Nov. 18

Chef's Creation

Chicken
Parmesan
Sandwich

Side Caesar
Salad

Chilled Fruit Cups

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

French Dip
Au Jus

Oven Baked
French Fries

Steaming Hot
Vegetables

Available Daily

Buy Local

*Hoagieville Deli

*Abbey Express
*Garden Fresh
Salad Bar

*Cabot Yogurt &
String Cheese

*Vegetarian
Options

*Farm Fresh Milk
*Asst. Juice &
Fresh
Fruit



**We support local
New England
Companies**

New England Coffee
Stony Fields
Garelick Farms
Westminster Cracker
Cabot Coop.
Saputo Cheese Co.
Cold Hollow Cider
Sunrise Orchards
Vt. Country Farms
McKenzie



Monday, Nov. 23

Chef's Creation

Buffalo Style
Chicken Wrap

Vegetable Sticks

Garden Pasta
Salad

Tuesday, Nov. 24

Chef's Creation

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

Spanish Rice
Creamy Coleslaw

Homemade
Low-fat Baked
Dessert

Wed., Nov. 25

Chef's Creation

Homemade
Cheesy Bread
Sticks

Hearty
Minestrone
Soup

Marinara
Dipping

Thurs., Nov 26

No
School



Friday, Nov 27

No
School



KEEPING THE
LUNCHLINE
MOVING.

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

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