



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

Buy Local

We support local New England Companies
 New England Coffee
 Stony Fields
 Garelick Farms
 Westminster Cracker Co.
 Cabot
 Sunrise Orchards
 McKenzie
 Saputo Cheese Company
 Cold Hollow Cider
 Vt. Country Farms



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




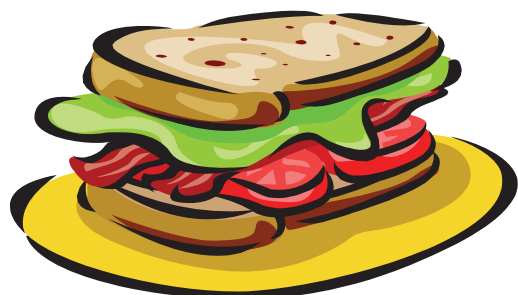
Menus are on the web at:
www.abbeygroup.net



REQUIRED COURSE

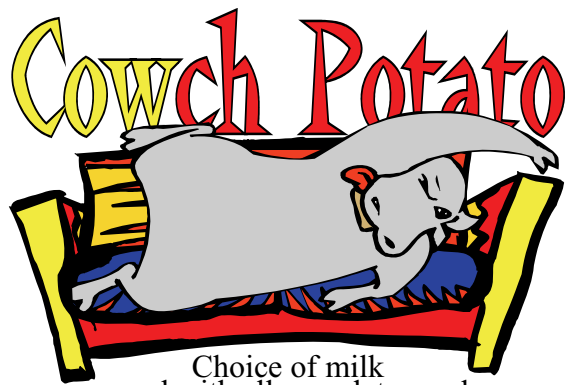
We don't consider lunch to be optional. Every kid needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. And that's also why we provide free and reduced-price meals for families that qualify. Please let us know if you have any questions .

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



Breakfast **Lunch**

Regular	Regular \$2.00
Reduced	Reduced \$0.40
Adult	Adult \$3.00



Choice of milk served with all complete meals:
 Low-fat White & Low-fat Chocolate
 Milk \$0.75 Juice \$0.50

Available Daily

- *Hoagieville Deli
- *Abbey Express
- *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
 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

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 Sauce

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/lunchprepay