

Menus for  
**NOVEMBER**  
2009



*Happy Thanksgiving!*

**Buy Local**

**We support local New England Companies**

Saputo Cheese Co.  
Cold Hollow Cider  
Sunrise Orchards  
Vt. Country Farms  
McKenzie  
Mighty Food Farm  
Green River Produce  
Youth Horticultural Group  
MAUHS  
Cabot Cooperative  
Westminster Crackers



Reduced students are eligible for FREE BREAKFAST!

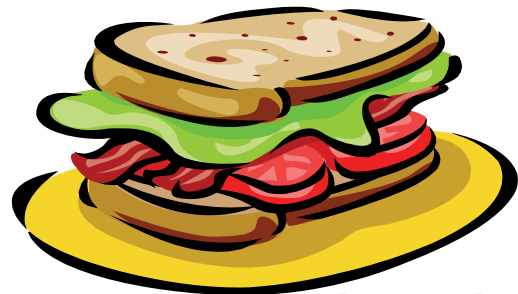
Menus are on the web at:  
[www.abbeygroup.net](http://www.abbeygroup.net)



**The School of Sacred Heart St. Francis de Sales**

**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 .

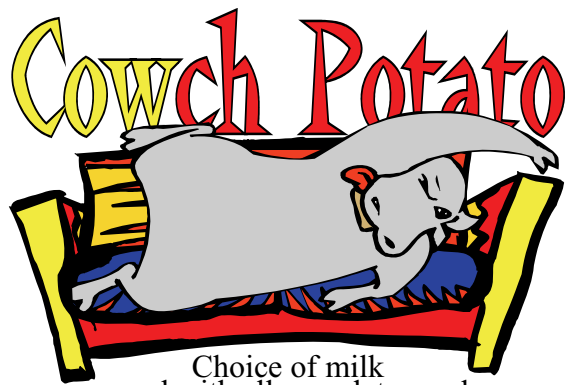


**Breakfast      Lunch**

Regular \$1.00  
Reduced \$0.00  
Adult \$1.50

Regular \$1.75  
Reduced \$0.40  
Adult \$3.00

<b>Monday, Nov. 2</b>	<b>Tuesday, Nov. 3</b>	<b>Wed., Nov. 4</b>	<b>Thurs., Nov. 5</b>	<b>Friday, Nov. 6</b>
<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>
BBQ Rib Sandwich	Hearty Chicken & Biscuits Creamy Gravy & Chicken	Nachos Supreme Meat & Cheese	Baked Potato Bar Seasoned Beef, Bacon Bits, Cheese Sauce, Broccoli, Sour Cream & Chives	Freshly Made Pepperoni & Cheese Pizza
Seasoned Potato Wedges	Mixed Vegetables Cranberry Sauce	Salsa, Peppers, Tomatoes, Black Olives & Sour Cream	Side Caesar Salad	Garden Tossed Salad Chilled Fruit Cups
Glazed Carrots	Homemade Low-fat Baked Dessert	Homemade Spanish Rice & Tasty Corn	Homemade Wheat Dinner Rolls	Homemade Low-fat Baked Dessert
<b>Monday, Nov. 9</b>	<b>Tuesday, Nov. 10</b>	<b>Wed., Nov. 11</b>	<b>Thurs., Nov. 12</b>	<b>Friday, Nov. 13</b>
<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Thank You</b>		<b>Early Release 12:15 PM</b>
Oven Baked Chicken Sandwich	Ham & Cheese Double Decker Ham, Cheese & Dough	 ***** VETERANS' DAY NOVEMBER 11	Beef & Cheese Quesadillas Garden Salsa With Black Beans White Rice with Seasonal Veggies	Chicken Alfredo Chicken, Pasta, Cheese Steamed Broccoli Florets Chilled Fruit Cups
Baked Potato Puffs Cherry Tomatoes	Savory Rice Pilaf Garden Tossed Salad		Happy Birthday Cake Happy Birthday Novemberites	Homemade Fruit Muffin
Homemade Low-fat Baked Dessert	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



**KEEPING THE LUNCHLINE MOVING.**

Pay for your students meals with our easy on-line bill pay system. Go to:  
**[www.abbeygroup.net/lunchprepay](http://www.abbeygroup.net/lunchprepay)**

**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**

- 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**

**EARLY DISMISSAL**

Deli Lunches



**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