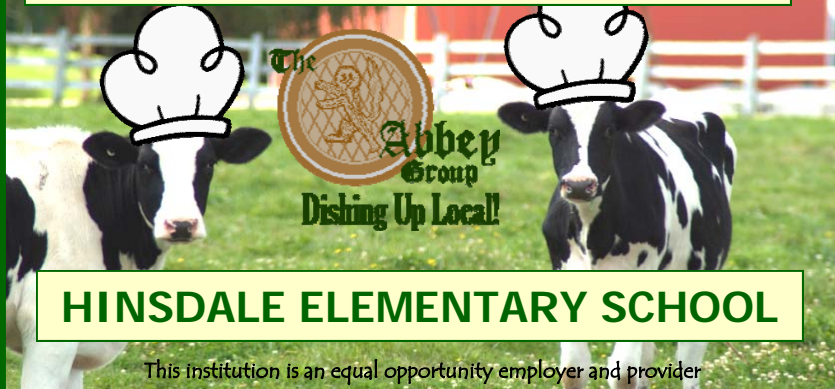


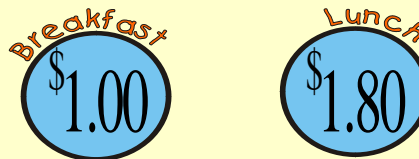
MENUS FOR JANUARY 2012



HINSDALE ELEMENTARY SCHOOL

This institution is an equal opportunity employer and provider

Pay for meals on-line at



Providing parents a safe secure way to manage food service payments and to look up account balances.

Visit our website: www.abbeygroup.net/foodserve.htm to access school menus, online pre-pay and food policy statements.

Prices

Breakfast

Paid \$1.00
Reduced \$0.30
Adult \$1.50

Lunch

Paid \$1.80
Reduced \$0.40
Adult \$3.25

Milk \$0.50

Comments or Suggestions?

Call or email
The Abbey Group
1-800-696-4748
comments@abbeygroup.net

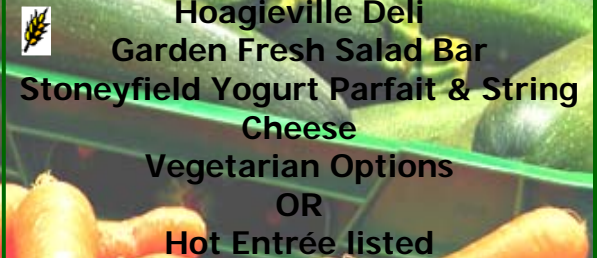
Looking for a job that lets you be at home when your family needs you there?

Come Join our Team!!
Call today for more information.

1-866-933-4205 X24

AVAILABLE DAILY MEAL OPTIONS

MENUS ARE SUBJECT TO CHANGE



The Abbey Group's meal options are prepared home-style daily with fresh local products!

DAILY BREAKFAST OPTIONS



Monday

Whole Grain French Toast Sticks w/Maple syrup

Tuesday

Sausage & Cheese or Egg & Cheese on Whole Wheat English Muffin

Wednesday

Breakfast Combo Bar on Whole Wheat English Muffin

Thursday

Sausage & Cheese or Ham & Cheese on Whole Wheat Bagel

Friday

Breakfast Buns & Scrambled Eggs

**Assorted Cereals w/toasted English muffin, bagels w/cream cheese, yogurt parfait w/graham crackers, Fresh Fruit, Juice, Milk

EVERYDAY!

Mon., Jan. 2	Tues., Jan. 3	Wed., Jan. 4	Thurs., Jan. 5	Friday, Jan. 6
No School	Chicken Mania Grilled Chicken Sandwich on Wheat Roll Lettuce & Tomato Brown Rice Pilaf Fresh Cucumber Sticks w/Dip Fresh Fruit Farm Fresh Milk	Localvore Day Cheesy Au Gratin Potatoes w/Baked Ham Slice (Local Potatoes) Roasted Local Squash Smiles Local Zucchini Muffins Fresh Fruit Farm Fresh Milk	Home Style Homemade Shepherd's Pie Ground Beef, Mashed Potato & Corn Seasoned Green Beans Cornbread Fresh Fruit Farm Fresh Milk	Itza Pizza Homemade Cheese or Pepperoni Pizza Side Caesar Salad Fruit Filled Crisp Fresh Fruit Farm Fresh Milk
	Summer Time Fun Dress Your Own Burger on Wheat Roll Lettuce, Tomato, Cheese & Pickles Zesty Lemon Couscous Oven Roasted Zucchini Sticks Fresh Fruit Farm Fresh Milk	Just Like Ma's Goulash Meat, Tomato Sauce & Pasta Fresh Broccoli Sprigs w/Ranch Dip Oatmeal Dinner Roll Fresh Fruit Farm Fresh Milk	Brunch For Lunch Scrambled Eggs & Whole Grain Pancakes w/Warm Syrup or Strawberry Topping Fresh Sweet & White Home Fries Farm Fresh Milk	Fiesta Taco Bar w/The Works Seasoned Taco Meat, Shredded Cheese, Lettuce, Onions, Salsa, & Soft Flour Tortilla Spanish Rice Creamy Coleslaw Happy Birthday Cake Fresh Fruit Farm Fresh Milk
Mon., Jan. 9	Tues., Jan. 10	Wed., Jan. 11	Thurs., Jan. 12	Friday, Jan. 13

<p>Mon., Jan. 16</p> <p>No School</p>	<p>Tues., Jan. 17</p> <p>Soup & Sandwich Grilled Cheese Sandwich on Wheat Bread</p> <p>Hearty Country Vegetable Soup Chilled Fruit Cup Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Wed., Jan. 18</p> <p>Chicken Mania Oven Roasted Chicken</p> <p>Whole Grain Garlic Rotini Fresh Cherry Tomatoes w/Dip Harvest Muffin</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Thurs., Jan. 19</p> <p>Fiesta Nachos Supreme Seasoned Taco Meat, Nacho Cheese Sauce, Lettuce, Salsa & Corn Tortilla Chips</p> <p>Spanish Rice Rainbow Coleslaw Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Friday, Jan. 20</p> <p>Itza Pizza Homemade Cheese or Pepperoni Pizza</p> <p>Side Caesar Salad</p> <p>Fresh Fruit Farm Fresh Milk</p>
<p>Mon., Jan. 23</p> <p>Chinese New Year Chicken Teriyaki</p> <p>Vegetable Fried Rice Sesame Noodles</p> <p>Mandarin Orange Cup Farm Fresh Milk</p>	<p>Tues., Jan. 24</p> <p>Buon Appetito Wheat Spaghetti or Spaghetti Squash w/ Meat or Garden Marinara Sauce</p> <p>Chopped Green Salad w/Herb Dressing Homemade Garlic Breadsticks</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Wed., Jan. 25</p> <p>Hot Oven Fresh Ham & Cheese Stuffed Dough Ham & Cheese Between Wheat Bread Dough</p> <p>Black Beans & Rice Seasoned Green Beans Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Thurs., Jan. 26</p> <p>Fiesta Chicken Fajitas Chicken, Soft Flour Tortilla, Cabot Sour Cream & Salsa</p> <p>Brown Rice Pilaf Broccoli/Carrot Salad</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Friday, Jan. 27</p> <p>Itza Pizza Homemade Cheese or Pepperoni Pizza</p> <p>Fresh Broccoli Sprigs w/Ranch Dip</p> <p>Fresh Fruit Farm Fresh Milk</p>
<p>Mon., Jan. 30</p> <p>Dog Days Oven Roasted Hot Dog on Wheat Bun Ketchup, Mustard, Relish, Onions</p> <p>Crispy French Fries Baked Beans</p> <p>Fresh Fruit Farm Fresh Milk</p>	<p>Tues., Jan. 31</p> <p>Hot Oven Fresh Chicken Pot Pie Chicken & Gravy w/ Whole Grain Biscuit Topping</p> <p>Seasoned Butternut Squash Low-Fat Dessert</p> <p>Fresh Fruit Farm Fresh Milk</p>	 <p>Choose MyPlate.gov</p>		



We Support Local New England Companies

Windham Farm & Food Network	Harlow Farm
Green Mtn. Orchards	Old Athens Farm
Fertile Fields Farm	McKenzie
Westminster Organics Farm	Mazza Farm Stand
High Meadows Farm	Cabot Coop
Grafton Village Cheese Co.	Dutton Farm
New England Coffee	
VT. Hydroponic Produce	



Vegetable of the Month
Butternut Squash
(Winter Squash)

Butternut squash is a type of winter squash. It has a sweet, nutty taste similar to that of a pumpkin. It has yellow skin and orange fleshy pulp. When ripe, it turns increasingly deep orange, and becomes sweeter and richer. Butternut squash is a fruit that can be roasted and toasted and also be pureed or mashed into soups, casseroles, breads and muffins. It is an excellent source of vitamins A & E.

Home-style Butternut Squash Soup

- 5 tablespoons chopped white onions
- 1/2 clove garlic, ground
- 2 1/4 cup cubed butternut squash
- 3 tablespoons butter
- 1/4 cup vegetable stock
- 3/4 cup chicken broth
- 3 cups water
- 1/8 teaspoon ground thyme or basil
- 1 bay leaf
- 1/8 teaspoon ground cayenne pepper
- 1/4 teaspoon ground black pepper
- A pinch of ginger
- 1/3 cup light cream
- 2 potatoes, cubed

Sauté onions and garlic with butter. Add squash, potatoes, vegetable stock, chicken broth, and water, and bay leaf. Stir in peppers and thyme or basil. Add a pinch of ginger, and bring to a boil for about 18-20 minutes.

In blender, puree the soup with light cream and any additional ingredients you would like to add.

