



**Fri., Dec. 1**

Grilled Ham & Cheese Sandwich  
Chicken Noodle Soup  
Fresh Fruit & Veggie Bar

**Mon., Dec. 4**

Pig in a Blanket  
Garden Pasta Salad  
Fresh Fruit & Veggie Bar

**Tues., Dec. 5**

**Taste Test Event**  
Taco Bar w/WG Soft Shell Tortilla  
Rice Pilaf  
Fresh Fruit & Veggie Bar

**Wed., Dec. 6**

Cheesy Breadsticks w/Marinara  
**Butternut Squash Soup**  
Fresh Fruit & Veggie Bar

**Thurs., Dec. 7**

Oven Roasted Hot Turkey Sandwich  
Chef's Mashed Potato  
Fresh Fruit & Veggie Bar

**Fri., Dec. 8**

Pancakes w/ *Local Maple Syrup*  
Fresh Cut Sweet & White Home Fries  
Sausage Links  
Fresh Fruit & Veggie Bar

**Mon., Dec. 11**

BBQ Chicken Sandwich w/Lettuce & Tomato  
Hand Cut French Fries  
Fresh Fruit & Veggie Bar

**Tues., Dec. 12**

Nachos Supreme  
Rice Pilaf  
Fresh Fruit & Veggie Bar

**Wed., Dec. 13**

Ham & Cheese Double Decker  
Broccoli Salad  
Fresh Fruit & Veggie Bar

**Thurs., Dec. 14**

Spaghetti w/ Meat Sauce  
Garlic Breadsticks  
Fresh Fruit & Veggie Bar

**Fri., Dec. 15**

**Holiday Luncheon**  
Seasoned Pork Roast  
Mashed Potato w/ Gravy, Dinner Roll  
**Winter Squash**  
Holiday Dessert  
Fresh Fruit & Milk

**Mon., Dec. 18**

Oven Baked BBQ Chicken  
Roasted Sweet Potato Wedges  
Dinner Roll  
Fresh Fruit & Veggie Bar

**Tues., Dec. 19**

**Birthday Celebration**  
Fish Tacos w/Coleslaw  
Rice Pilaf  
Fresh Fruit & Veggie Bar

**Wed., Dec. 20**

Meatball Sub  
**Winter Squash Smiles**  
Fresh Fruit & Veggie Bar

**Thurs., Dec. 21**

Macaroni & Cheese  
Cornbread  
Steamed Green Beans  
Fresh Fruit & Veggie Bar

**Fri., Dec. 22**

Dress Your Own Burger  
Oven Baked French Fries  
Fresh Fruit & Veggie Bar

**Mon., Dec. 25**

**No School**

**Tues., Dec. 26**

**No School**

**Wed., Dec. 27**

**No School**

**Thurs., Dec. 28**

**No School**

**Fri., Dec. 29**

**No School**



**North Country Junior Union High School Lunch**  
December 2017

**Daily Lunch Offerings:**

Main Meal or  
**Cabot** Yogurt Parfait or Deli Sandwich or Express Lane  
Grab & Go Sandwiches and Salads  
Homemade Pizza or Vegetarian Option

**Offered with all Meals**

Fresh Fruit & Veggie Bar & Vegetable Soup  
Fresh Fruit  
Hood Milk: Skim, 1% white or Fat-Free Chocolate

**Taste Test Event**  
Tuesday  
December 5, 2017

Featuring  
Winter Squash

**Harvest of the Month**  
**November**

Winter Squash



**Prices**

Breakfast	\$1.50	Lunch	\$3.00
Adult Breakfast	\$1.75	Adult Lunch	\$3.50
	Milk \$ .50		

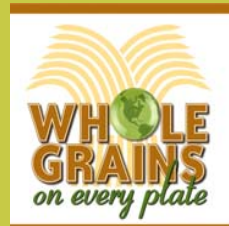
**Pay for meals on-line**  
**For free on-line service go to**  
<http://www.abbeygroup.net>  
**Search for Your School and Click the K12 Payment Center link**

Local Products Used when available



**We Support Local New England Companies**

Koffee Kup Bakery/VT Bread Co.- Breads & Rolls  
Cabot Cooperative- Yogurt, Sour Cream  
King Arthur Flour- Dinner Rolls, Pizza Dough  
Chappelle's Potatoes  
Georgia Mtn. Maples Syrup- VT. Maple Syrup  
Sunrise Orchards-Apples  
Mazza Farm Stand- Local Produce  
Green Mtn. Farms- Cream Cheese  
Hood-Milk





This Institution is an equal opportunity provider  
Menus are subject to change



Fri., Dec. 1

**Bacon Cheddar Biscuit**  
Ham & Cheese Bagel,  
Blueberry Muffin w/Cheese Stick

Mon., Dec. 4

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Banana Bread

Tues., Dec. 5

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Sausage Wrapped in Pancake

Wed., Dec. 6

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Asst. Cereal w/ Cheese Stick

Thurs., Dec. 7

Sausage & Cheese English Muffin, Ham & Cheese Bagel, Twin Cinnamon Buns

Fri., Dec. 8

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**No School**

Wed., Dec. 27

**No School**

Thurs., Dec. 28

**No School**

Fri., Dec. 29

**No School**



North Country Junior  
Union High School Breakfast  
December 2017

### Breakfast in the Classroom

Each Meal Served w/Your Choice of:

**100% Fruit Juice or Fresh Fruit**

*Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.*

**Hood Milk: Skim,  
1% white or  
Fat-Free Chocolate**

### Prices

Breakfast	\$1.50	Lunch	\$3.00
Adult Breakfast	\$1.75	Adult Lunch	\$3.50
		Milk	\$.50

**Pay for meals on-line**  
**For free on-line service go to**  
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### Questions or Comments regarding your School Meal Program?

Please contact The Abbey Group Vice President of Operations  
Scott Choiniere

[scott@abbeygroup.net](mailto:scott@abbeygroup.net)



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

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You can download an application or see what we have available through Careerbuilder.

<http://www.abbeygroup.net/careers.php>

