



December 2009



ABBY KELLEY CHARTER

4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
	1 TOASTED CHEESE SANDWICH Garden Vegetables Cinnamon Applesauce Multi Grain Sun Chips	2 MEATBALL SUB Mashed Potatoes Fresh Fruit Double Fudge Cookie	3 BREADED CHICKEN FILLET Chopped Broccoli w/Cheese Pineapple Tidbits Lemon Creme Cookies	4 FRENCH BREAD PEPPERONI PIZZA Tossed Salad Fresh Fruit Mini Pretzels
7 CHICKEN TENDERS W/ POTATO WEDGES Cherry Juice Bar Chocolate Chip Cookie	8 ROTINI BAKE Garden Vegetables Applesauce Garlic Bread	9 SMOKED BEEF SAUSAGE WITH POTATO ROUNDS Fresh Fruit Low Fat Baked Cheetos	10 HAMBURGER Corn Fruited Gelatin Honey Wheat Pretzels	11 CHEESE PISA PIZZA Carrot Sticks Celery Sticks Fresh Fruit Apple Cinnamon Multigrain Mini Crisp
14 TACO "HOT POCKET" Corn Frozen Juice Bar Carrot Muffin	15 SALISBURY STEAK WITH GRAVY Mashed Potatoes Applesauce	16 CHICKEN NUGGETS W/ POTATO ROUNDS Fresh Fruit Wheat Bread	FEATURE 17 MINI CHEESE RIGATONI W/MARINARA Green Beans Diced Pears Garlic Bread Holiday Sprinkle Cookie	18 PIZZA DIPPERS Marinara Dipping Sauce Tossed Salad Fresh Fruit
21 BUTTERMILK WAFFLES W/ SAUSAGE PATTY Potato Fun Shapes Frozen Juice Bar	22 PIZZABURGER Garden Vegetables Peach Cup Double Fudge Cookie	23 	24 HOLIDAY	25 HOLIDAY
28 	29 BREAK	30 BREAK	31 	

***ALL MEALS SERVED WITH APPROPRIATE BUNS, CONDIMENTS AND A CHOICE OF MILK.*MENU SUBJECT TO CHANGE.



The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a discrimination complaint, write USDA, Director Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer. Preferred Meal Systems does not purchase or produce harmful products containing artificial trans fat. However, some products such as beef & cheese contain naturally occurring trans fat which is not harmful.