

Canaan High School
9-12

MENU

December 2015

Local Products Used on
when available

*Items in bold and italicized are
Local Products*

Items in Bold and Underlined are
Harvest of the Month & Feed Items

All items in Bold are Recipes from the
New School Cuisine Cookbook created
by
Vermont FEED

This institution is an equal
opportunity provider.

DAILY BREAKFAST OPTIONS

Abbey Breakfast Sandwich
Sausage & Cheese on English Muffin
offered daily!!

MONDAY

Whole Grain French Toast Sticks

TUESDAY

Whole Grain Cinnamon Bun w/Cheese Stick

WEDNESDAY

Scrambled Egg & Cheese Wrap

THURSDAY

Healthy Breakfast Round

FRIDAY

Ham & Cheese Bagel

** Cereals w/Toasted English Muffin,
Bagels, Fresh Fruit & Milk



Tues., Dec. 1	Wed., Dec. 2	Thurs., Dec. 3	Fri., Dec. 4
Homemade Cornbread	Chipotle Chicken, & Cheese Flatbread Melt	Taco Bar w/ Soft Shell Seasoned Taco Meat, Mozz. Cheese, Lettuce, Salsa Cabot Sour Cream & Soft Flour Tortilla	Taste Test Event Butternut Squash Soup
Macaroni & Cheese	Fresh Carrot Sticks Hummus Dip	Rice Pilaf	Sloppy Joe
Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup

DAILY LUNCH OPTIONS

Entrée Options

Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or Pizza

Offered with all Meals

Vegetable/Fruit Bar
Fresh Fruit (Full cup offered daily)
Fresh Hood Milk

Mon., Dec. 7	Tues., Dec. 8	Wed., Dec. 9	Thurs., Dec. 10	Fri., Dec. 11
Oven Baked Chicken Nuggets w/Dipping Sauce	Spaghetti w/ Meat or Marinara Sauce or Spaghetti Squash Bake	Butternut Squash Soup	Beef Nachos Seasoned Taco Meat, Cheese Sauce, Cabot Sour Cream , Salsa, Lettuce, & Corn Tortilla Chips	December Birthday Celebration Sweet & White Home Fries
Roasted Sweet Potato Wedges	Wheat Bread Slices	Cheesy Breadsticks w/Marinara Sauce	Rice Pilaf	Pancakes w/ Local Syrup
Dinner Roll	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Sausage Links
Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup

Prices

Breakfast \$1.50 Lunch k-6 \$2.25
7-12 \$2.50

Adult \$1.50 Adult \$3.40
Breakfast \$1.50 Lunch \$3.40
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

Mon., Dec. 14	Tues., Dec. 15	Wed., Dec. 16	Thurs., Dec. 17	Fri., Dec. 18
Meatball Sub Baked Potato <i>Local Potatoes</i> <u>Delicata Smiles</u>	Homemade Shepherd's Pie Ground Beef, Mashed Potato & Corn Homemade Cornbread	Cheesy Chicken & Cheese Quesadilla w/Salsa Rice Pilaf	Holiday Feast Oven Baked Pork Roast Chef's Mashed Potato w/Gravy Steamed Peas Hearty Stuffing Homemade Dinner Roll Chilled Cranberry Holiday Dessert Fresh Milk	Grilled Ham & Cheese Sandwich Chicken Noodle Soup
Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup		Fruit & Veggie Bar Vegetable Soup

Mon., Dec. 21	Tues., Dec. 22	Wed., Dec. 23	Thurs., Dec. 24	Fri., Dec. 25
Dress Your Own Burger on A Bun Oven Baked Homemade French Fries <i>Local Potatoes</i>	Spaghetti w/ Meatballs or Marinara Sauce Garlic Breadsticks	Chicken Patty Sandwich w/Lettuce & Tomato Homemade Sugar Cookie	No School	No School
Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup	Fruit & Veggie Bar Vegetable Soup		

Mon., Dec. 28	Tues., Dec. 29	Wed., Dec. 30	Thurs., Dec. 31
No School	No School	No School	No School
			Looking for a job that lets you be at home when your family needs you there? Come Join our Team!! Got to the link below. You can download an application or see what we have available through Careerbuilder. http://www.abbeygroup.net/careers.php

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



Vegetable of the Month
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.