



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



Mount Anthony Union High School
Lunch
May 2017



Mon., May 1	Tues., May 2	Wed., May 3	Thurs., May 4	Fri., May 5
BBQ Chicken Sandwich Oven Baked French Fries Steamed Green Beans	Spaghetti w/ Homemade Meat or Marinara Sauce Baker's Pride Garlic Breadstick Spinach Salad Italian Bean Salad	Open Face Buffalo Chicken Calzone Broccoli Salad Carrot Sticks w/ Hummus Dip	Taste Test Event Pancakes w/ <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Sausage Links Fresh Green Pepper Strips	Cinco De Mayo Fiesta Taco Bar w/Soft Shell Spanish Rice Confetti Black Bean & Corn Salad Festive Dessert
Mon., May 8	Tues., May 9	Wed., May 10	Thurs., May 11	Fri., May 12
Pig in a Blanket (Hot Dog Wrapped in Dough) Roasted Fresh Sweet Potato Wedges Baked Beans	Chicken Fajitas w/Sautéed Onions & Peppers Rice Pilaf Steamed Corn Caesar Salad	Whole Grain Steak & Cheese Flatbread Sautéed Radishes Fresh Carrot Sticks	Homemade Goulash Garlic Breadsticks Steamed Carrots Roasted Chick Peas	Pork Fried Rice Steamed Broccoli Dinner Roll Fortune Cookie Celery Sticks
Mon., May 15	Tues., May 16	Wed., May 17	Thurs., May 18	Fri., May 19
Oven Baked Chicken Nuggets w/ Dipping Sauce Oven Baked French Fries Baked Beans	Nachos w/ The Works (Ground Beef, Tortilla Chips, Homemade Cheese Sauce) Rice Pilaf Warm Black Beans	Homemade Tomato Soup Cheesy Breadsticks w/Marinara Celery Sticks w/Dip	End of Year BBQ Grilled Hamburgers & Hot Dogs w/ All The Fixins Garden Pasta Chilled Watermelon Summertime Dessert Fresh Milk	French Toast Sticks w/ <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Sausage Links Green Pepper Strips
Mon., May 22	Tues., May 23	Wed., May 24	Thurs., May 25	Fri., May 26
Meatball Sub Garden Pasta Salad Caesar Salad	Taco Bar w/ Soft Shell Garden Fresh Salsa Southwest Rice Cherry Tomato & Corn Salad	Layered Chicken Bowl (Mashed Potato, Corn, Chicken Nuggets, Gravy) Garlic Breadstick Summer Radish Salad	BBQ Pulled Pork Sandwich Creamy Coleslaw Veggie Sticks w/Dip	Birthday Celebration Grilled Ham & Cheese Sandwich Chicken Noodle Soup Carrot Sticks w/ Hummus Dip
Mon., May 29	Tues., May 30	Wed., May 31		
No School	Blackened Cajun Chicken Sandwich Fresh Roasted Sweet Potatoes Steamed Broccoli	Ham & Cheese Calzone w/Dipping Sauce Broccoli Salad Fresh Celery Sticks w/ Hummus Dip		

DAILY LUNCH OPTIONS

Entrée Options

Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or
Pizza Or Express

Offered with all Meals
Fresh Fruit & Veggie Bar &
Vegetable Soup

Fresh Fruit (Full cup offered daily)
Hood Milk: Skim, 1% white or Fat-Free Chocolate

Prices

Community Eligibility Provision

Meals to all Students are Free
Snacks & Snack Milk not included

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

We Support Local New England Companies

Clearbrook Farm
Moses Farm
Maplebrook Farm
Southern VT. Orchards
Youth Horticultural Group
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



Taste Test Event
Thursday
May 4, 2017
Sautéed Radishes

Harvest of the Month



May

Radish



Local Products Used 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

Lent Begins March 1, 2017
Meatless Options will be offered every Friday



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**Mount Anthony Union High School
Breakfast
May 2017**

Mon., May 1	Tues., May 2	Wed., May 3	Thurs., May 4	Fri., May 5
Sausage & Cheese English Bagel or French Toast Sticks Fresh Fruit Milk	Ham & Cheese Bagel or Fruit Filled Muffin Fresh Fruit Milk	Sausage & Cheese on Bagel or Healthy Breakfast Round Fresh Fruit Milk	Ham & Cheese Bagel or Fruit Filled Muffin Fresh Fruit Milk	Sausage & Cheese on Bagel or Breakfast Burrito Fresh Fruit Milk
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Mon., May 29	Tues., May 30	Wed., May 31		
No School	Ham & Cheese Bagel or Fruit Filled Muffin Fresh Fruit Milk	Sausage & Cheese on Bagel or Healthy Breakfast Round Fresh Fruit Milk		

DAILY BREAKFAST OPTIONS

Egg & Cheese on English Muffin
Cereals w/Toasted English Muffin or Bagels w/Cream Cheese or Special of the Day

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



Questions or Comments regarding your School Meal Program?

Please contact The Abbey Group Vice President of Operations
Scott Choiniere

scott@abbeygroup.net

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Milk \$.50

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