

**DAILY BREAKFAST OPTIONS**

Mon: Egg & Cheese Muffin  
 Tues: Ham & Cheese Bagel  
 Wed: Combo Bars  
 Thurs: Sausage & Cheese Muffin  
 Fri: Cinnamon Buns

\*\*Cereal, Bagels, Muffins, Fruit, Milk and Juice offered daily



*Menus for  
December  
2009*

**Mt. Anthony  
Union  
High School**

*This institution is an equal opportunity provider and employer.*

**Available Daily**

- \*Hoagieville Deli
- \*Zesty Pizza
- \*Garden Fresh Salad Bar
- \*Popular
- \*Express Lane
- \*Cabot Yogurt & String Cheese
- \*Vegetarian Options
- \*Farm Fresh Milk
- \*Asst. Juice
- \*Fresh Fruit

Reduced students are eligible for **FREE BREAKFAST!**

Menus are on the web at:  
[www.abbeygroup.net](http://www.abbeygroup.net)

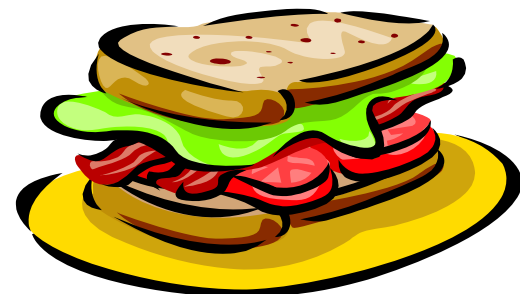


<b>Tuesday, Dec. 7</b>	<b>Wed., Dec. 8</b>	<b>Thursday, Dec. 9</b>	<b>Friday, Dec. 10</b>
<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>
Homemade Shepherds Pie	Homemade Meat & Cheese Lasagna	Chicken & Cheese Quesadilla	Stuffed Stromboli Ham, Pepperoni or Veggie & Cheese
Crunchy Vegetable Sticks Low-Fat Dip	Steamed Broccoli Florets	Fresh Garden Salsa Rice with Seasonal Veggies	Garden Tossed Salad Low-fat Dressing
Fresh Baked Fiesta Corn Muffins	Fresh Baked Garlic Bread Sticks	Homemade Low-fat Baked Dessert	Marinara Dipping Sauce

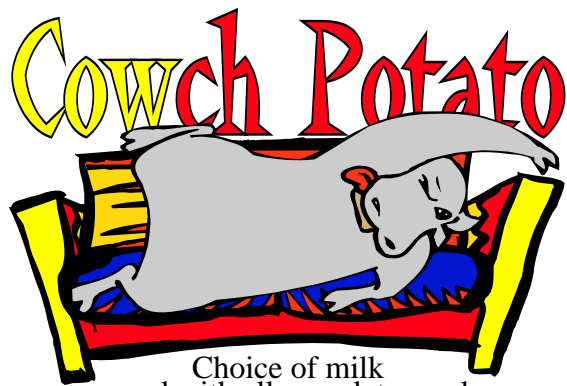
**REQUIRED COURSE**

We don't consider lunch to be optional. Every kid needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. And that's also why we provide free and reduced-price meals for families that qualify. Please let us know if you have any questions .

<b>Monday, Dec. 7</b>	<b>Tuesday, Dec. 8</b>	<b>Wed., Dec. 9</b>	<b>Thurs., Dec. 10</b>	<b>Friday, Dec. 11</b>
<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>
Dockside Fish Sandwich	Spaghetti Meat & Marinara Sauce	Pork Stir-Fry (Pork and Veggies) Served Over White Rice	Ham & Cheese Melt on a Wheat Bagel	Santa Fe Turkey Wrap
Crinkle Cut Fries Creamy Coleslaw	Garden Tossed Salad Low-fat Dressings	Chilled Pineapple Cup Fortune Cookie	Seasoned Carrots Chilled Applesauce	Homemade Macaroni Salad Cherry Tomatoes
Homemade Low-fat Baked Dessert	Fresh Baked Garlic Bread Slices	Homemade Wheat Dinner Roll	Happy Birthday Cake Happy Birthday Decemberites	Homemade Low-fat Baked Dessert



<b>Breakfast</b>	<b>Lunch</b>
Regular \$1.25 Reduced \$0.00	Regular \$2.00 Reduced \$0.40



Choice of milk served with all complete meals:

Low-fat White & Low-fat Chocolate

Milk \$0.50

Juice \$0.50

**Monday, Dec. 14**

**Chef's Creation**

Brunch for Lunch  
Pancake w/  
Vt. Maple Syrup

Ham Slice

Oven Baked  
Hash Brown

Chilled Fruit  
Cup

**Tuesday, Dec. 15**

**Chef's Creation**

Hearty  
Macaroni & Beef  
Soup w/ Crackers

Grilled Cheese  
Sandwich

Veggie Sticks &  
Bean Dip

**Wed., Dec. 16**

**Chef's Creation**

Chicken Scampi  
Pasta, Chicken &  
Broccoli

Chilled Mandarin  
Orange Cups

Sliced Bread  
& Butter

**Thurs., Dec. 17**

**Holiday Meal**

Oven Baked Ham  
Home Style  
Mashed Potato  
w/Gravy  
Seasoned  
Green Peas  
Chilled  
Cranberry  
Homemade  
Dinner Roll  
Holiday Dessert

**Friday, Dec. 18**

**Chef's Creation**

Crunchy  
Popcorn Chicken

Homemade  
Mashed Potatoes  
w/Gravy  
Green Peas

Homemade  
Wheat Dinner  
Rolls

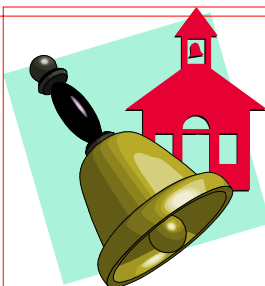
**Buy Local**

We support local  
New England  
Companies

Saputo Cheese Co.  
Cold Hollow Cider  
Sunrise Orchards  
Mighty Food Farm  
Green River Produce  
Youth Horticultural Group  
MAUHS  
Cabot Cooperative  
Westminster Crackers  
Vt. Country Farms  
McKenzie



*You haven't  
missed the*



We accept applications for free and  
reduced-price meals all year long.  
Please call your school for more  
information.

**Monday, Dec. 21**

**Chef's Creation**

Homemade  
Macaroni & Cheese  
w/ Baked Ham

Seasoned  
Green  
Beans

Homemade  
Fruit  
Muffin

**Tuesday, Dec. 22**

**Localvor Day**

Homemade  
Chicken Pot Pie

Roasted Root  
Vegetables  
Seasoned w/  
Local Herbs

Local  
Applesauce Cups

*We'll see  
you again  
in 2010!*

Winter Holiday begins  
at the end of classes

**Wednesday,  
December 22**

Classes resume  
**Monday,  
January 4**

**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



Pay for your students meals with our  
easy on-line bill pay system. Go to:  
[www.abbeygroup.net/lunch](http://www.abbeygroup.net/lunch)  
prepay



**Thursday, December 17th**



From  
The Abbey Food Service Group  
& the Child Nutrition Staff at your school