

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
Middle
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

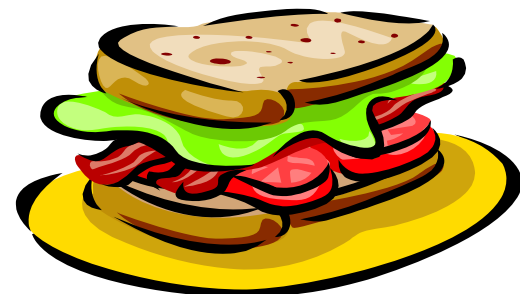


Tuesday, Dec. 7	Wed., Dec. 8	Thursday, Dec. 9	Friday, Dec. 10
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation
Homemade Shepherds Pie	Homemade Meat & Cheese Lasagna	Chicken & Cheese Quesadilla	Stuffed Stromboli Ham, Pepperoni or Veggie & Cheese
Crunchy Vegetable Sticks Low-Fat Dip	Steamed 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

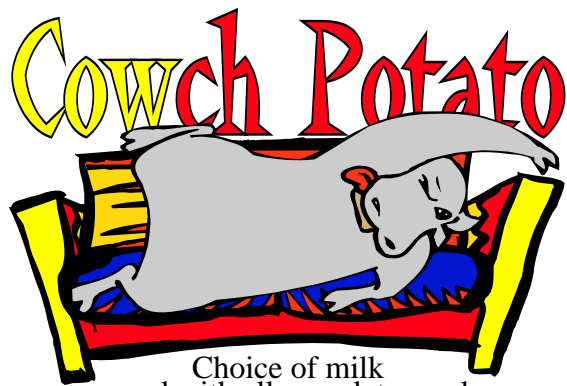
REQUIRED COURSE

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.

Monday, Dec. 7	Tuesday, Dec. 8	Wed., Dec. 9	Thurs., Dec. 10	Friday, Dec. 11
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation
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



Breakfast	Lunch
Regular \$1.15 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

KEEPING THE LUNCHLINE MOVING.

Pay for your students meals with our easy on-line bill pay system. Go to:
www.abbeygroup.net/lunchprepay



Thursday, December 17th



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