



January
2010

**Mt. Anthony
Union
High School**

This institution is an equal opportunity provider and employer



Prices	
Breakfast	
Paid	\$1.25
Reduced	Free
Adult	\$1.50
Lunch	
Paid	\$2.00
Reduced	\$0.40
Adult	\$3.00
Milk	\$0.50

Pay for meals on-line at



Providing parents a safe secure way to manage food service payments and to look up account balances.

Visit our website: www.abbeygroup.net/foodserve.htm to access school menus, online pre-pay and food policy statements.

Friday, Jan. 1



**NO
SCHOOL**

Available Daily Meal Options

Hoagieville Deli
Zesty Pizza
Garden Fresh Salad Bar
Popular Express Lane
Cabot Yogurt & String Cheese
Vegetarian Options
OR
Hot Entrée listed

The Abbey Group's meal options are prepared home-style daily with fresh local products!

Monday, Jan. 4

French Dip
Served w/
Au Jus

Red Roasted
Potatoes
Piping Hot Carrots
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Tuesday, Jan. 5

Creamy
Chicken Alfredo
Chicken, Pasta, Cheese

Steamed Broccoli
Chilled Fruit Cups
Fruit Muffins

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 6

Taco Bar
W/ the Works
Lettuce, Tomato, Peppers,
Salsa, Sour Cream & Cheese.

Spanish Rice
Creamy Coleslaw
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Thursday, Jan. 7

Baked Potato
Bar
Seasoned Beef, Bacon Bits,
Cheese Sauce, Broccoli,
Sour Cream & Chives

Caesar Salad
Homemade
Wheat Rolls

Fresh Fruit
Farm Fresh Milk

Friday, Jan. 8

Italian Style
Calzones
Pepperoni, Ham & Veggie

Garden Salad
Low-fat Dressing
Jell-O with Fruit

Fresh Fruit
Farm Fresh Milk

Monday, Jan. 11

Spaghetti
Meat & Marinara
Sauce

Garden Salad
Low-fat Dressing
Garlic Bread Sticks

Fresh Fruit
Farm Fresh Milk

Tuesday, Jan. 12

Chicken & Cheese
Quesadillas
Sour Cream & Salsa

Steamed White Rice
Roasted Zucchini
Low-Fat Dessert

Fresh Fruit
Farm Fresh Milk

Wed., Jan. 13

French Toast
Casserole
w/Warm Syrup

Baked Hash brown
Sausage Links
Fruit Cups

Fresh Fruit
Farm Fresh Milk

Thurs., Jan. 14

Hearty
Chicken Noodle
Soup w/ Crackers

Grilled Cheese
Garden Salad
Happy Birthday Cake

Fresh Fruit
Farm Fresh Milk

Friday, Jan. 15

Homemade
Savory Meatloaf
w/ Gravy

Mashed Potatoes
Green Peas
Wheat Dinner
Rolls

Fresh Fruit
Farm Fresh Milk

Daily Breakfast Options

Mon: Egg & Cheese Muffin
Tues: Ham & Cheese Bagel
Wed: Combo Bar
Thurs: Sausage & Cheese Muffin
Friday: Cinnamon Buns

**Cereal, Bagels, Fruit Filled Muffins, Fresh Fruit, Milk and Juice





January
2010

**Mt. Anthony
Union
High School**

Looking for a job
that lets you be
at home when
your family
needs you
there?



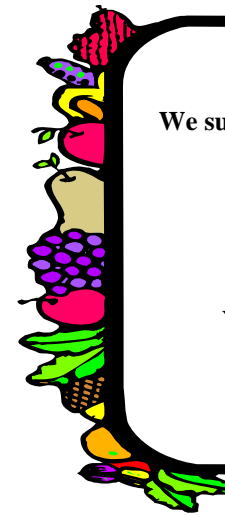
**Come
join
our
team!**

Call today for
more
information.
866-933-4205
X24

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



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Cabot Yogurt & String Cheese
Vegetarian Options
OR
Hot Entrée listed

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Monday, Jan. 18

**NO
SCHOOL**



Tuesday, Jan. 19

**Homemade
Goulash**
Beef, Red Sauce, Pasta

**Side Caesar Salad
Homemade
Garlic Bread Sticks**

**Fresh Fruit
Farm Fresh Milk**

Wed., Jan. 20

**Ham & Cheese
Melt on a Wheat
Bagel**

**Baked Tater Tots
Green Beans
Low-Fat Dessert**

**Fresh Fruit
Farm Fresh Milk**

Thurs., Jan. 21

Localvore Day

**Sweet Italian
Sausage w/
Onions and Peppers**

**Cabot Mac & Cheese
Vegetable Sticks**

**Warm Apple Sauce
Cup with New
England Apples &
Cinnamon**

Friday, Jan. 22

**Beef & Cheese
Enchiladas**

**Spanish Rice
Seasoned Black Beans
Sour Cream & Salsa**

**Fresh Fruit
Farm Fresh Milk**

Daily Breakfast Options

Mon: Egg & Cheese Muffin
Tues: Ham & Cheese Bagel
Wed: Combo Bar
Thurs: Sausage & Cheese Muffin
Friday: Cinnamon Buns

**Cereal, Bagels, Fruit Filled
Muffins, Fresh Fruit, Milk and Juice

Monday, Jan. 25

**In-
Service**



Tuesday, Jan. 26

**Pasta Bar
Macaroni or Spaghetti
Meat & Cheese Sauce**

**Garden Salad
Low-Fat Dressing
Garlic Bread Sticks**

**Fresh Fruit
Farm Fresh Milk**

Wed., Jan. 27

**Hearty
Homemade
Turkey Potpie**

**Mixed Vegetables
Cranberry Sauce
Low-Fat Dessert**

**Fresh Fruit
Farm Fresh Milk**

Thurs., Jan. 28

**Nachos Supreme
Meat & Cheese
Salsa, Peppers, Tomatoes,
Black Olives & Sour Cream**

**Spanish Rice
Creamy Cole Slaw
Low-Fat Dessert**

**Fresh Fruit
Farm Fresh Milk**

Friday, Jan. 29

**Homemade
Cheesy Bread
Sticks**

**Vegetable Soup
Garden Salad
Marinara Dipping Sauce**

**Fresh Fruit
Farm Fresh Milk**