



January
2010

**Mt. Anthony
Union
Middle School**

This institution is an equal opportunity provider and employer



Prices	
Breakfast	
Paid	\$1.15
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

Roasted Red Potato
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

Pancakes 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

Italian Style
Meatball Sub

Seasoned Potato
Wedges
Green Beans

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
Middle School**

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

**Come
join
our
team!**

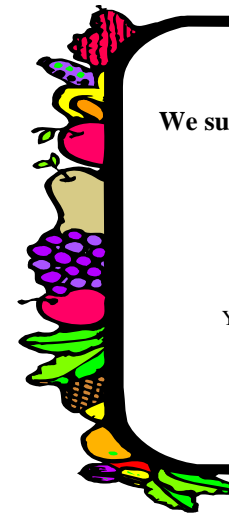


Call today for
more
information.
866-933-4205
X24

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



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

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Monday, Jan. 18

**NO
SCHOOL**



Tuesday, Jan. 19

Homemade
Savory Meatloaf
w/ Gravy

Mashed Potatoes
Green Peas
Wheat Dinner
Rolls

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**



**NO
SCHOOL**

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