

Menus for
NOVEMBER
2009



MT. ANTHONY UNION HIGH SCHOOL
This institution is an equal opportunity provider and employer.

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



Reduced students are eligible for FREE BREAKFAST!

Menus are on the web at:
www.abbeygroup.net

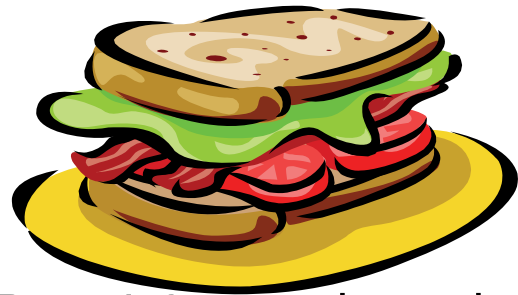


DAILY BREAKFAST OPTIONS

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

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 .

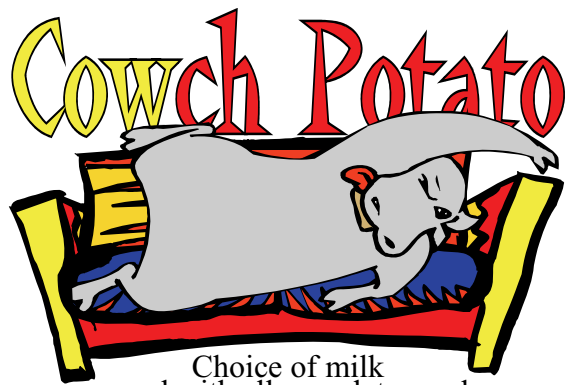


Breakfast **Lunch**

Regular \$1.25
Reduced \$0.00
Adult \$1.50

Regular \$2.00
Reduced \$0.40
Adult \$3.00

Monday, Nov. 2	Tuesday, Nov. 3	Wed., Nov. 4	Thurs., Nov. 5	Friday, Nov. 6
Chef's Creation Buffalo Style Chicken Wrap Vegetable Sticks Garden Pasta Salad	Chef's Creation Hearty Chicken & Biscuits Creamy Gravy & Chicken Mixed Vegetables Cranberry Sauce Homemade Low-fat Baked Dessert	Chef's Creation Nachos Supreme Meat & Cheese Salsa, Peppers, Tomatoes, Black Olives & Sour Cream Homemade Spanish Rice & Tasty Corn	Chef's Creation Baked Potato Bar Seasoned Beef, Bacon Bits, Cheese Sauce, Broccoli, Sour Cream & Chives Side Caesar Salad Homemade Wheat Dinner Roll Homemade Low-fat Baked Dessert	Chef's Creation Italian Style Calzones Pepperoni, Ham & Veggie Garden Tossed Salad Low-fat Dressing Marinara Dipping Sauce
Monday, Nov. 9	Tuesday, Nov. 10	Wed., Nov. 11	Thurs., Nov. 12	Friday, Nov. 13
Chef's Creation Philly Cheese Steak Sandwich Sautéed Onions & Peppers Antipasto Salad	Chef's Creation Ham & Cheese Double Decker Ham, Cheese & Dough Savory Rice Pilaf Garden Tossed Salad Homemade Low-fat Baked Dessert	Thank You ***** VETERANS' DAY NOVEMBER 11	Chef's Creation Beef & Cheese Quesadillas Garden Salsa With Black Beans White Rice with Seasonal Veggies Happy Birthday Cake Happy Birthday Novemberites	Chef's Creation Homemade Cheesy Bread Sticks Hearty Minestrone Soup Marinara Dipping Sauce



Choice of milk served with all complete meals:
 Low-fat White & Low-fat Chocolate Milk \$0.50 Juice \$0.50

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



Monday, Nov. 16
Chef's Creation
 French Dip Served w/ Au Jus
 Roasted Red Potato
 Piping Hot Carrots

Tuesday, Nov. 17
Chef's Creation
 Taco Bar W/ the Works
Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.
 Spanish Rice Creamy Coleslaw
 Homemade Low-fat Baked Dessert

Wed., Nov. 18
Chef's Creation
 Hearty Chicken Noodle Soup w/ Crackers
 Grilled Cheese Sandwich
 Veggie Sticks & Low-fat Dip

Thurs., Nov. 19
Thanksgiving Feast
 Carved Roast Turkey
 Mashed Potato
 Homemade Stuffing
 Brilliant Green Peas
 Chilled Cranberry Sauce
 Savory Gravy
 Homemade Dinner Rolls
 Homemade Pumpkin Bars

Friday, Nov. 20
Chef's Creation
 Brunch For Lunch
 Yummy Waffles & Scrambled Eggs
 Sweet & White Potato Home fries
 Baked Ham Slices
 Homemade Fruit Crisp

Monday, Nov. 23
Chef's Creation
 Chicken Alfredo
Chicken, Pasta, Cheese
 Steamed Broccoli Florets
 Chilled Fruit Cups
 Homemade Fruit Muffin

Tuesday, Nov. 24
Chef's Creation
 Savory Meatloaf w/ Gravy
 Chef Made Mashed Potatoes
 Green Peas
 Homemade Wheat Dinner Rolls

Wed., Nov. 25
EARLY DISMISSAL
NO LUNCH SERVED TODAY


Thurs., Nov 26
No School


Friday, Nov 27
No School


KEEPING THE LUNCHLINE MOVING.

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

Monday, Nov. 30
Localvore Day
 New England Sweet Italian Sausage Served on Steak Roll
 Fresh Potato Wedges Spinach Salad w/ Vinaigrette
 New England Apple Dessert
 Taste Test Available



PAY NO ATTENTION TO THAT BIRD!



The clock has not run out!
 We accept applications for free and reduced-price meals all year long.
 It's never too late!

Get in touch with your school today to learn more about free and reduced-price meals in our district