

Menus for
NOVEMBER
2009



MT. ANTHONY UNION MIDDLE 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

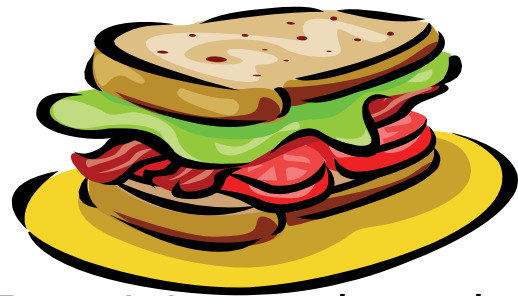
Thurs: Sausage & Cheese Muffin

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 \$1.15
Reduced \$0.00
Adult \$1.50

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

Monday, Nov. 2

Chef's Creation

Buffalo Style Chicken Wrap

Vegetable Sticks

Garden Pasta Salad

Tuesday, Nov. 3

Chef's Creation

Hearty Chicken & Biscuits
Creamy Gravy & Chicken

Mixed Vegetables
Cranberry Sauce

Homemade Low-fat Baked Dessert

Wed., Nov. 4

Chef's Creation

Nachos Supreme
Meat & Cheese

Salsa, Peppers,
Tomatoes, Black Olives & Sour Cream

Homemade Spanish Rice & Tasty Corn

Thurs., Nov. 5

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

Friday, Nov. 6

Chef's Creation

Italian Style Calzones
Pepperoni, Ham & Veggie

Garden Tossed Salad
Low-fat Dressing

Marinara Dipping Sauce

Monday, Nov. 9

Chef's Creation

Philly Cheese Steak Sandwich

Sautéed Onions & Peppers

Antipasto Salad

Tuesday, Nov. 10

Chef's Creation

Ham & Cheese Melt on a Whole Wheat Bagel
Savory Rice Pilaf
Garden Tossed Salad

Homemade Low-fat Baked Dessert

Wed., Nov. 11

Thank You



VETERANS' DAY
NOVEMBER 11

Thurs., Nov. 12

Chef's Creation

Beef & Cheese Quesadillas
Garden Salsa With Black Beans
White Rice with Seasonal Veggies

Happy Birthday Cake
Happy Birthday Novemberites

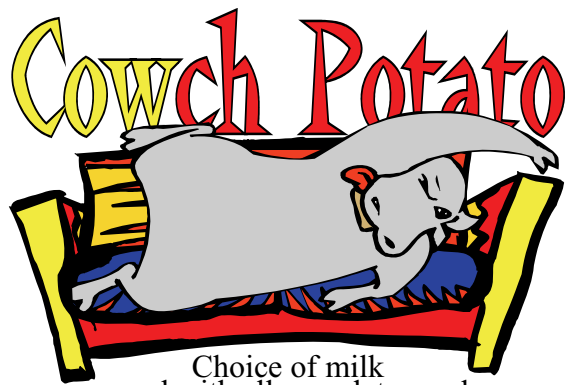
Friday, Nov. 13

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**



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



**KEEPING THE
LUNCHLINE
MOVING.**

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