



<b>Thursday, Oct. 1</b>
<b>Chef's Creation</b>
Homemade Shepherds Pie
Crunchy Vegetable Sticks
Low-Fat Dip
Fresh Baked Fiesta Corn Muffin
Homemade Low-Fat Baked Dessert

<b>Friday, Oct. 2</b>
<b>Chef's Creation</b>
Chicken & Cheese Quesadilla
Fresh Garden Salsa
Rice with Seasonal Veggies

**DAILY BREAKFAST OPTIONS**

French Toast Sticks  
 Combo Bars  
 Ham & Cheese Bagel/Muffin  
 Egg & Cheese Sandwich  
 Sausage & Cheese Muffin/Bagel  
 Cinnamon Buns

**\*\*Cereal, Bagels, Muffins, Fruit, Milk and Juice offered daily**

<b>Monday, Oct. 5</b>
<b>Chef's Creation</b>
Homemade Meat & Cheese Lasagna
Steamed Broccoli Florets
Fresh Baked Garlic Bread Sticks

<b>Tuesday, Oct. 6</b>
<b>Chef's Creation</b>
Dockside Fish Sandwich
Oven Baked Potato Puffs
Creamy Coleslaw
Homemade Low-fat Baked Dessert

<b>Wed., Oct. 7</b>
<b>Chef's Creation</b>
Santa Fe Turkey Wrap
Homemade Macaroni Salad
Marinated Vegetables

<b>Thursday, Oct. 8</b>
<b>Chef's Creation</b>
Spaghetti Meat & Marinara Sauce
Garden Tossed Salad
Low-fat Dressings
Fresh Baked Garlic Bread Slices
Homemade Low-Fat Baked Dessert

<b>Friday, Oct. 9</b>
<b>Chef's Creation</b>
Nachos Supreme Meat & Cheese
Salsa, Peppers, Tomatoes, Black Olives & Sour Cream
Mouthwatering Spanish Rice & Tasty Corn

**NATIONAL SCHOOL LUNCH WEEK**

**ALL-STAR  
SCHOOL LUNCH**

October 12-16 2009

<b>Monday, Oct. 12</b>
<b>Chef's Creation</b>
Ham & Cheese Melt on a Wheat Bagel
Garlic Rotini Chilled Fruit Cups
Homemade Low-fat Baked Dessert

<b>Tuesday, Oct. 13</b>
<b>Chef's Creation</b>
Hamburger Stroganoff
Roasted Zucchini Slices
Homemade Wheat Dinner Roll
Homemade Low-fat Dessert

<b>Wed., Oct. 14</b>
<b>Chef's Creation</b>
Hearty Macaroni & Beef Soup w/ Crackers
Grilled Cheese
Veggie Sticks & Bean Dip

<b>Thursday, Oct. 15</b>
<b>Chef's Creation</b>
Chinese Fried Rice With Vegetables, Egg & Chicken
Chilled Pineapple Cups
Fortune Cookie
Homemade Wheat Dinner Roll
Happy Birthday Cake
Happy Birthday Octoberrites

<b>Friday, Oct. 16</b>
<b>Chef's Creation</b>
Stuffed Stromboli Ham, Pepperoni or Veggie & Cheese
Garden Tossed Salad
Low-fat Dressing
Marinara Dipping Sauce

**Buy Local**

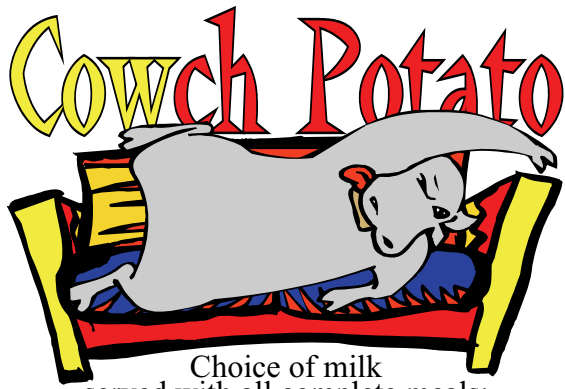
**We support local New England Companies**

Garvey's Garden  
 Mazza's Farm Stand  
 Westminster Cracker Co.  
 Sentinel Orchards  
 Cabot Cooperative  
 New England Coffee

Reduced students are eligible for **FREE BREAKFAST!**

Menus are on the web at:  
[www.abbeygroup.net](http://www.abbeygroup.net)





Choice of milk served with all complete meals:  
Low-fat White & Low-fat Chocolate

Milk \$0.50 Juice \$0.50

Monday, Oct. 19
<b>Chef's Creation</b>
Homemade Macaroni & Cheese w/ Baked Ham
Seasoned Green Beans
Homemade Fruit Muffin

Tuesday, Oct. 20
<b>Chef's Creation</b>
Buffalo Style Chicken Wrap
Vegetable Sticks Garden Pasta Salad
Homemade Low-fat Baked Dessert

Wed., Oct. 21
<b>Chef's Creation</b>
Hot Roast Beef Sandwich
Oven Baked Potato Puffs
Piping Hot Carrots

Thur., Oct. 22
NO SCHOOL VT NEA CONVENTION

Friday, Oct. 23
NO SCHOOL VT NEA CONVENTION

Monday, Oct. 26
<b>Chef's Creation</b>
Sloppy Joes Served on Wheat Roll
Melon Slices
Side Caesar Salad

Tuesday, Oct. 27
<b>Chef's Creation</b>
Crunchy Popcorn Chicken
Homemade Mashed Potatoes w/ Gravy
Green Peas
Homemade Wheat Dinner Rolls
Homemade Low-Fat Baked Dessert

Wed., Oct. 28
<b>Chef's Creation</b>
Homemade Cheesy Bread Sticks
Hearty Minestrone Soup
Side of Marinara Sauce

Thursday, Oct. 29
<b>Chef's Creation</b>
Taco Bar W/ the Works <small>Lettuce, Tomato, Salsa, Sour Cream, Cheese, Onion &amp; Black Olives</small>
Spanish Rice Seasoned Corn
Homemade Low-fat Baked Dessert

Friday, Oct. 30
<b>Localvore Day</b>
McKenzie Foot Long Hotdogs
Creamy Potato Salad
Seasonal Veggies
Cabot Yogurt With Granola
Taste Test Available

# REQUIRED COURSE

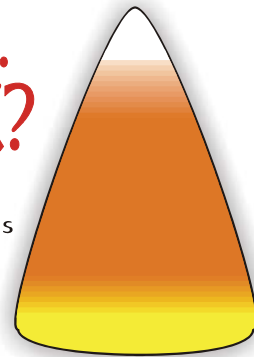
We don't consider lunch to be optional. Every kid needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. And that's also why we provide free and reduced-price meals for families that qualify. Please let us know if you have any questions.



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

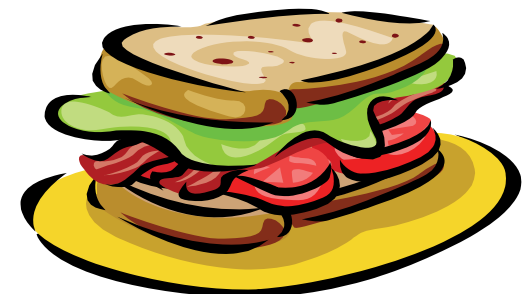
## TREAT... OR TRICK?

Tooth decay is five times more common among kids than asthma. By the time they reach school, four out of ten children have cavities. So don't let sugar linger in your mouth. Brush it away!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Available Daily
*Hoagievillle Deli
*Zesty Pizza
*Garden Fresh Salad Bar
*Popular Express Lane
*Cabot Yogurt & String Cheese
*Vegetarian Options
*Farm Fresh Milk
*Asst. Juice
*Fresh Fruit



## Breakfast Lunch

Regular \$1.00  
Reduced \$0.00  
Adult \$1.50

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