



Thursday, Oct. 1
Chef's Creation
Homemade Meat & Cheese Lasagna
Steamed Broccoli Florets
Fresh Baked Garlic Bread Sticks

Friday, Oct. 2
Chef's Creation
Freshly Made Pepperoni & Cheese Pizza
Garden Tossed Salad
Juice Shape Up
Homemade Low-fat Baked Dessert

DAILY BREAKFAST OPTIONS

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

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

Monday, Oct. 5
Chef's Creation
Homemade Shepherds Pie
Crunchy Vegetable Sticks Low-Fat Dip
Fresh Baked Fiesta Corn M

Tuesday, Oct. 6
Chef's Creation
Oven Baked Chicken Nuggets
Rice with Seasonal Veggies Plump Raisins
Homemade Wheat Dinner Rolls

Wed., Oct. 7
Chef's Creation
Ham & Cheese Melt on a Wheat Bagel
Seasoned Carrots Chilled Applesauce

Thursday, Oct. 8
Chef's Creation
Spaghetti Meat & Marinara Sauce
Garden Tossed Salad Low-fat Dressings
Fresh Baked Garlic Bread Slices

Friday, Oct. 9
Chef's Creation
Nachos Supreme Meat & Cheese Salsa, Peppers, Tomatoes, Black Olives & Sour Cream
Mouthwatering Spanish Rice & Tasty Corn
TASTE TEST EVENT

NATIONAL SCHOOL LUNCH WEEK

ALL-STAR SCHOOL LUNCH

October 12-16 2009

Monday, Oct. 12
Chef's Creation
Freshly Made Pepperoni & Cheese Pizza
Garden Tossed Salad Chilled Fruit Cups
Homemade Low-fat Baked Dessert

Tuesday, Oct. 13
Chef's Creation
Italian Meatball Subs
1/2 Baked Potato Roasted Zucchini Slices
Homemade Low-fat Dessert

Wed., Oct. 14
Chef's Creation
Hearty Macaroni & Beef Soup w/ Crackers
Grilled Cheese Veggie Sticks & Bean Dip
Happy Birthday Cake Happy Birthday Octoberrites

Thursday, Oct. 15
Chef's Creation
Chinese Fried Rice With Vegetables, Egg & Chicken
Chilled Pineapple Cups Fortune Cookie
Homemade Wheat Dinner Roll

STAFF DEVELOPMENT

NO SCHOOL TODAY

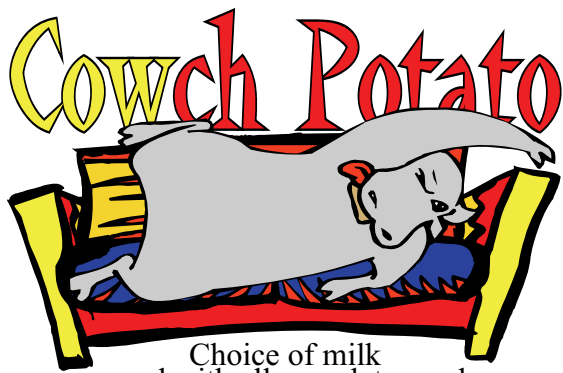
Buy Local

We support local New England Companies

Cabot Cooperative
 Westminster Cracker Co
 Sentinel Orchards
 Coventry Community Garden
 Mazza's Farm Stand

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



Menus are on the web at:
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	Tuesday, Oct. 20	Wed., Oct. 21	Thur., Oct. 22	Friday, Oct. 23
Chef's Creation	Chef's Creation	Chef's Creation	NO SCHOOL VT NEA CONVENTION	 NO SCHOOL VT NEA CONVENTION
Homemade Macaroni & Cheese	Dress Your Own Burger <small>Lettuce, Tomato, Cheese, Onions & Pickle</small>	Freshly Made Pepperoni & Cheese Pizza		
Seasoned Green Beans	Ranch Rice Pilaf Carrot Sticks	Garden Tossed Salad Chilled Fruit Cups		
Homemade Fruit Muffin	Homemade Low-fat Baked Dessert	Homemade Low-fat Baked Dessert		

Monday, Oct. 26	Tuesday, Oct. 27	Wed., Oct. 28	Thursday, Oct. 29	Friday, Oct. 30
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation	Localvore Day
Sloppy Joes Served on Wheat Roll	Baked Fish Sticks w/ Tarter Sauce	Homemade Cheesy Bread Sticks	Taco Bar W/ the Works <small>Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.</small>	Turkey Cheddar Wraps
1/2 Baked Potato Side Caesar Salad	Homemade Mashed Potatoes Green Peas	Hearty Minestrone Soup	Spanish Rice Creamy Coleslaw	Garden Pasta Salad Seasonal Veggie Sticks
Homemade Low-fat Baked Dessert	Homemade Wheat Dinner Rolls	Side of Marinara Sauce	Homemade Low-fat Baked Dessert	Cabot Yogurt With Granola
				Taste Test Available

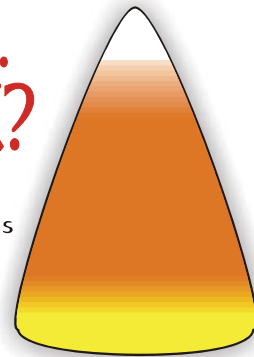
REQUIRED COURSE

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 .



TREAT ... OR TRICK?

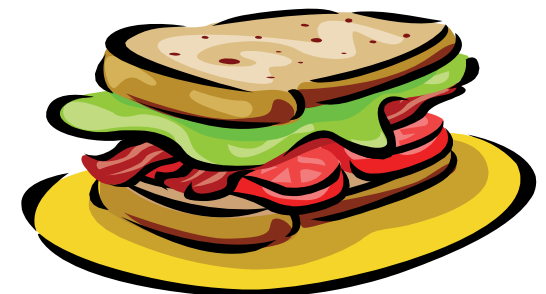
Tooth decay is five times more common among kids than asthma. By the time they reach school, four out of ten children have cavities. So don't let sugar linger in your mouth. Brush it away!



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

Available Daily

- *Hoagieville Deli
- *Garden Fresh Salads
- *Cabot Yogurt & String Cheese
- *Vegetarian Options
- *Farm Fresh Milk
- *Asst. Juice & Fresh Fruit



Breakfast Lunch

Regular \$0.75
Reduced \$0.00
Adult \$1.50

Regular \$1.25
Reduced \$0.40
Adult \$3.00

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