



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

Friday, Oct. 2
Chef's Creation
Chicken & Cheese Quesadilla
Fresh Garden Salsa Rice with Seasonal Veggies
Homemade Low-fat Baked Dessert

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**

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

Tuesday, Oct. 6
Chef's Creation
Dockside Fish Sandwich
Crinkle Cut Fries Creamy Coleslaw
Homemade Low-fat Baked Dessert

Wed., Oct. 7
Chef's Creation
Santa Fe Turkey Wrap
Homemade Macaroni Salad Cherry Tomatoes
Homemade Low-fat Baked Dessert

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

NATIONAL SCHOOL LUNCH WEEK

ALL-STAR SCHOOL LUNCH

October 12-16 2009

Monday, Oct. 12
Chef's Creation
Ham & Cheese Melt on a Wheat Bagel
Garlic Rotini 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

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

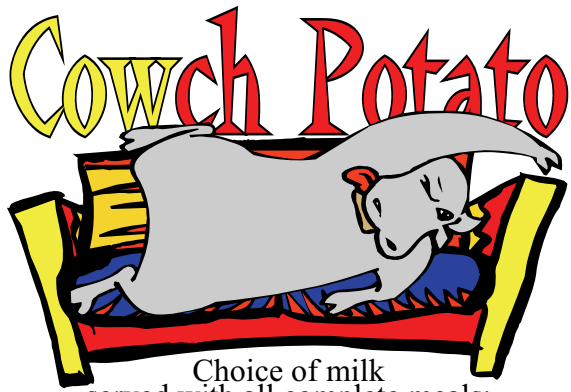
Buy Local

We support local New England Companies

Cabot Cooperative
Westminster Cracker Co.
Sentinel Orchards
River Berry Farm
New England Coffee
Mazza 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 Chef's Creation Homemade Macaroni & Cheese w/ Baked Ham Seasoned Green Beans Homemade Fruit Muffin	Tuesday, Oct. 20 Chef's Creation Buffalo Style Chicken Wrap Vegetable Sticks Garden Pasta Salad Homemade Low-fat Baked Dessert	Wed., Oct. 21 Chef's Creation Hot Roast Beef Sandwich Seasoned Potato Wedges Piping Hot Carrots Homemade Low-fat Baked Dessert	Thur., Oct. 22 NO SCHOOL VT NEA CONVENTION 	Friday, Oct. 23  NO SCHOOL VT NEA CONVENTION
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Monday, Oct. 26 Chef's Creation Sloppy Joes Served on Wheat Roll Flavorful Rice Pilaf Side Caesar Salad Homemade Low-fat Baked Dessert	Tuesday, Oct. 27 Chef's Creation Crunchy Popcorn Chicken Homemade Mashed Potatoes w/ Gravy Green Peas Homemade Wheat Dinner Rolls	Wed., Oct. 28 Chef's Creation Homemade Cheesy Bread Sticks Hearty Minestrone Soup Side of Marinara Sauce	Thursday, Oct. 29 Chef's Creation Taco Bar W/ the Works Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese. Spanish Rice Creamy Coleslaw Homemade Low-fat Baked Dessert	Friday, Oct. 30 Localvore Day McKenzie Foot Long Hotdogs Creamy Potato Salad Seasonal Veggies Cabot Yogurt With Granola Taste Test Available
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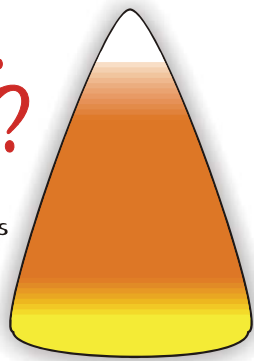
REQUIRED COURSE

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?

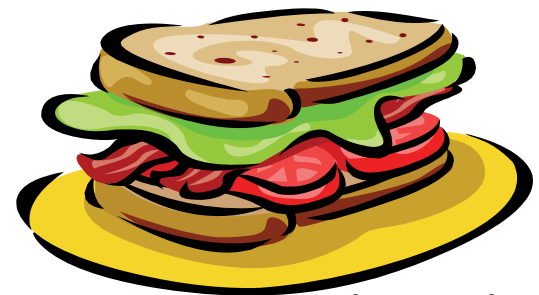
Tooth decay is five times more common among kids than asthma. By the time they reach school, four out of ten children have cavities. So don't let sugar linger in your mouth. Brush it away!



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

Available Daily

- *Hoagievillle Deli
- *Zesty Pizza
- *Garden Fresh Salad Bar
- *Cabot Yogurt & String Cheese
- *Vegetarian Options
- *Farm Fresh Milk
- *Asst. Juice & Fresh Fruit

Breakfast	Lunch
Regular \$1.00	Regular \$2.00
Reduced \$0.00	Reduced \$0.40
Adult \$1.50	Adult \$3.00