



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 Muffin

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
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
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
TASTE TEST EVENT

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

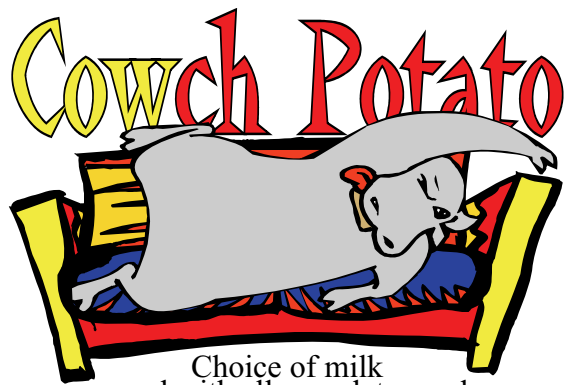
Buy Local

We support local New England Companies

Cabot Cooperative
Westminster Cracker Co
Sentinel Orchards
Foote Brook Farm
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
Chef's Creation
Homemade Macaroni & Cheese
Seasoned Green Beans
Homemade Fruit Muffin

Tuesday, Oct. 20
Chef's Creation
Dress Your Own Burger Lettuce, Tomato, Cheese, Onions & Pickle
Ranch Rice Pilaf Carrot Sticks
Homemade Low-fat Baked Dessert

Wed., Oct. 21
Chef's Creation
Freshly Made Pepperoni & Cheese Pizza
Garden Tossed Salad Chilled Fruit Cups
Homemade Low-fat Baked Dessert

Thur., Oct. 22
NO SCHOOL VT NEA CONVENTION

Friday, Oct. 23
NO SCHOOL VT NEA CONVENTION

Monday, Oct. 26
Chef's Creation
Sloppy Joes Served on Wheat Roll
1/2 Baked Potato Side Caesar Salad
Homemade Low-fat Baked Dessert

Tuesday, Oct. 27
Chef's Creation
Baked Fish Sticks w/ Tarter Sauce
Homemade Mashed Potatoes 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 <small>Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.</small>
Spanish Rice Creamy Coleslaw
Homemade Low-fat Baked Dessert

Friday, Oct. 30
Localvore Day
Turkey Cheddar Wraps
Garden Pasta Salad Seasonal Veggie Sticks
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 .

SUCCESS STORY

As many as half a million Bald Eagles once soared over the continental U.S. Pesticides in the food chain, pollution, and hunting reduced their numbers to fewer than 500 nesting pairs by the early 1960's. Since then, conservation and a ban on certain chemicals have allowed the Bald Eagle to rebound to nearly 10,000 nesting pairs in the lower 48 states.

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 Salad Bar
- *Cabot Yogurt & String Cheese
- *Vegetarian Options
- *Farm Fresh Milk
- *Asst. Juice & Fresh Fruit

Breakfast	Lunch
Regular \$0.85	Regular \$2.00
Reduced \$0.00	Reduced \$0.40
Adult \$1.50	Adult \$3.00