



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
French Bread Pizza
Garden Tossed Salad
Juice Shape Up

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
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

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

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

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

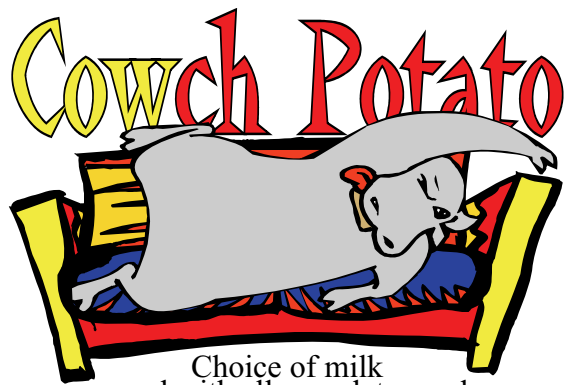
Buy Local

We support local New England Companies

Mazza Farm Stand
 Westminster Cracker Co.
 Sentinel Orchards
 Cabot Cooperative
 Champlain Orchards
 New England Coffee

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

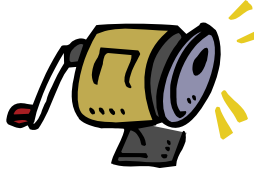
Menus are on the web at:
www.abbeygroup.net





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

Wed., Oct. 21
In-Service Day

 Our teachers are busy sharpening their skills for you!

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

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
 Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.
 Spanish Rice
 Creamy Coleslaw

Friday, Oct. 30
Localvore Day
 Turkey Cheddar Wraps
 Garden Pasta Salad Seasonal Veggie Sticks
 Cabot Yogurt With Granola
 Taste Test Available

REQUIRED COURSE

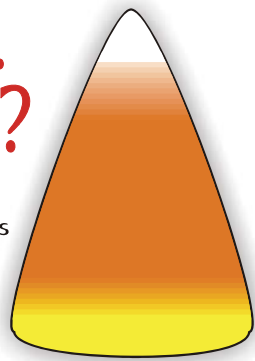
We don't consider lunch to be optional. Every kid needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. And that's also why we provide free and reduced-price meals for families that qualify. Please let us know if you have any questions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

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?

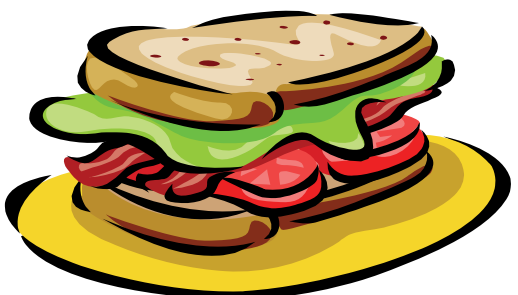


Tooth decay is five times more common among kids than asthma. By the time they reach school, four out of ten children have cavities. So don't let sugar linger in your mouth. Brush it away!

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 \$1.75
Reduced \$0.00	Reduced \$0.40
Adult \$1.50	Adult \$2.50