



**Menu
for
October
2009**

Mt. Anthony Union Middle School

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

NATIONAL SCHOOL LUNCH WEEK



October 12-16 2009

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

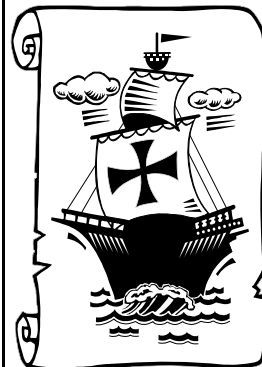
Nachos Supreme
Meat & Cheese

Salsa, Peppers,
Tomatoes, Black
Olives & Sour
Cream

Mouthwatering
Spanish Rice &
Tasty Corn

Monday, Oct. 12

Columbus Day



No School

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

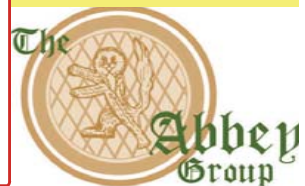
Buy Local

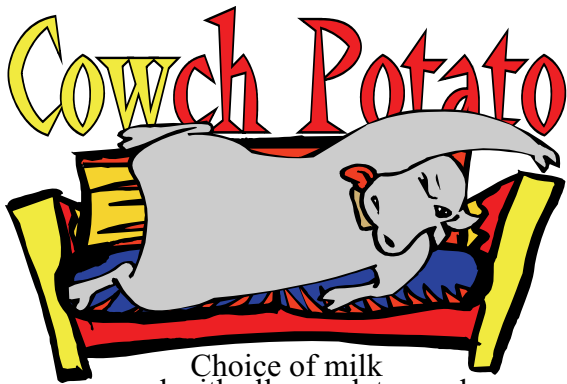
**We support local
New England
Companies**
Mighty Food Farm
Green River Produce
Youth Horticultural
Group
MAUHS
Cabot Cooperative
Westminster
Crackers



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

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

Early dismissal today!

Localvore Day McKenzie Foot Long Hotdogs

Creamy Potato Salad Seasonal Veggies

Cabot Yogurt With Granola

Taste Test Available

REQUIRED COURSE

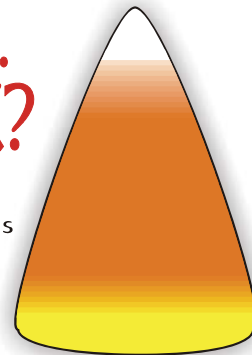
We don't consider lunch to be optional. Every kid needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. And that's also why we provide free and reduced-price meals for families that qualify. Please let us know if you have any questions.



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

TREAT... OR TRICK?

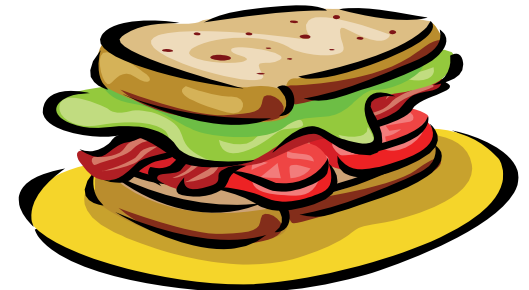
Tooth decay is five times more common among kids than asthma. By the time they reach school, four out of ten children have cavities. So don't let sugar linger in your mouth. Brush it away!



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 \$1.15
Reduced \$0.00
Adult \$1.50

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