



**Monument Elementary**

**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

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**

Oven Baked Chicken Nuggets

Rice with Peas  
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

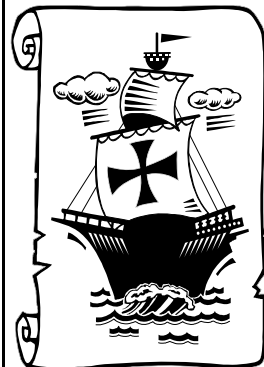
**NATIONAL SCHOOL LUNCH WEEK**



October 12-16 2009

**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

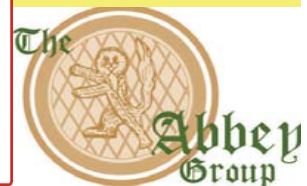
**Buy Local**

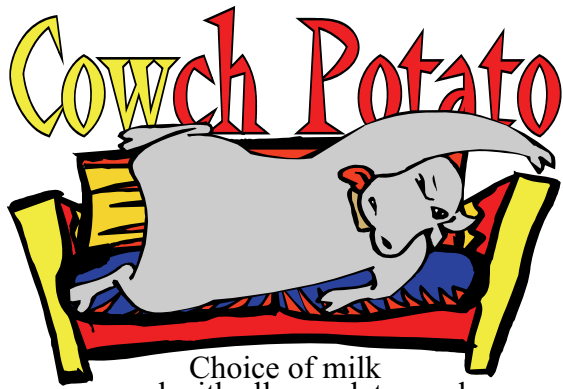
**We support local New England Companies**  
Mighty Food Farm  
Green River Produce  
Youth Horticultural Group  
MAUHS  
Cabot Cooperative  
Westminster Crackers



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

Menus are on the web at:  
[www.abbeygroup.net](http://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
<b>Chef's Creation</b>
Homemade Macaroni & Cheese
Seasoned Green Beans
Homemade Fruit Muffin

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

Wed., Oct. 21
<b>Chef's Creation</b>
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
<b>Chef's Creation</b>
Sloppy Joes Served on Wheat Roll
1/2 Baked Potato Side Caesar Salad
Homemade Low-fat Baked Dessert

Tuesday, Oct. 27
<b>Chef's Creation</b>
Baked Fish Sticks w/ Tarter Sauce
Homemade Mashed Potatoes Green Peas
Homemade Wheat Dinner Rolls

Wed., Oct. 28
<b>Chef's Creation</b>
Homemade Cheesy Bread Sticks
Hearty Minestrone Soup
Side of Marinara Sauce

Thursday, Oct. 29
<b>Chef's Creation</b>
Taco Bar W/ the Works Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.
Spanish Rice Creamy Coleslaw
Homemade Low-fat Baked Dessert

Friday, Oct. 30
<i>Early dismissal today!</i>
<b>Localvore Day</b> Turkey Cheddar Wraps
Garden Pasta Salad Seasonal Veggie Sticks
Cabot Yogurt With Granola Taste Test Available

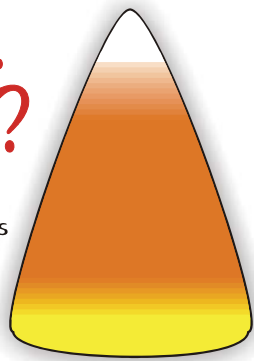
# REQUIRED COURSE

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.



## TREAT ... OR TRICK?

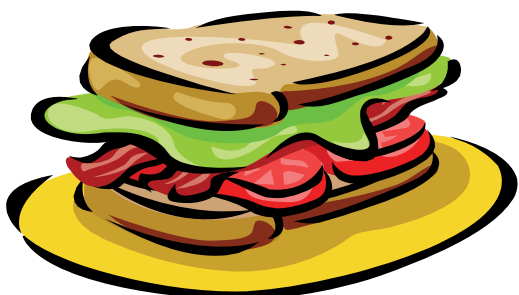
Tooth decay is five times more common among kids than asthma. By the time they reach school, four out of ten children have cavities. So don't let sugar linger in your mouth. Brush it away!



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

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

Available Daily
*Hoagieville Deli
*Garden Fresh Salad Bar
*Cabot Yogurt & String Cheese
*Vegetarian Options
*Farm Fresh Milk *Asst. Juice & Fresh Fruit



Breakfast	Lunch
Regular \$1.00 Reduced \$0.00 Adult \$1.50	Regular \$1.75 Reduced \$0.40 Adult \$3.00