



**Menu
for
October
2009**

North Bennington Graded

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**

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

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

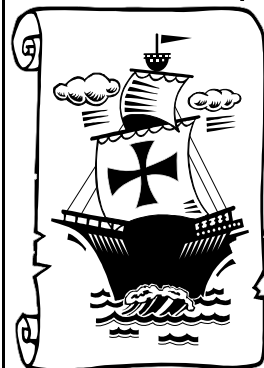
Nachos Supreme
Meat & Cheese

Salsa, Peppers,
Tomatoes, Black
Olives & Sour
Cream

Mouthwatering
Spanish Rice &
Tasty Corn

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

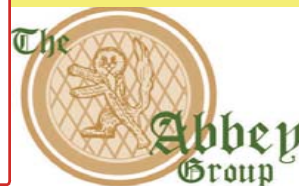
Buy Local

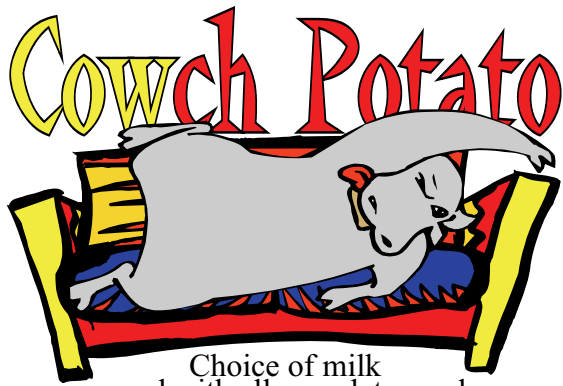
**We support local
New England
Companies**
Mighty Food Farm
Green River Produce
Youth Horticultural
Group
MAUHS
Cabot Cooperative
Westminster
Crackers



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

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
Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.

Spanish Rice
Creamy Coleslaw

Homemade Low-fat Baked Dessert

Friday, Oct. 30

Early dismissal today!

Bag Lunch Extravaganza

Freshly Made Deli Sandwich
Crispy Potato Chips
Crunchy Vegetable Sticks

Fresh Orchard Apple Baked Cookie

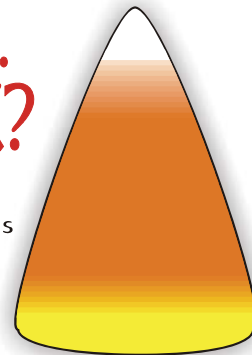
REQUIRED COURSE

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

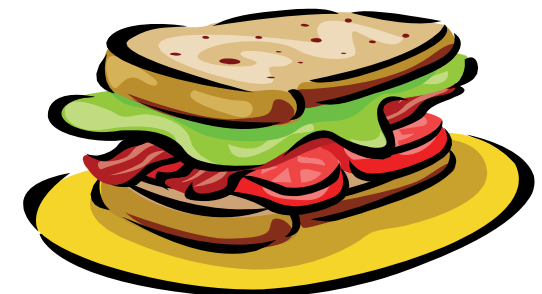
*Hoagieville Deli

*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

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