



Pownal 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**

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

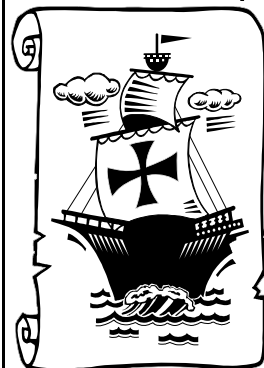
Nachos Supreme Meat & Cheese

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

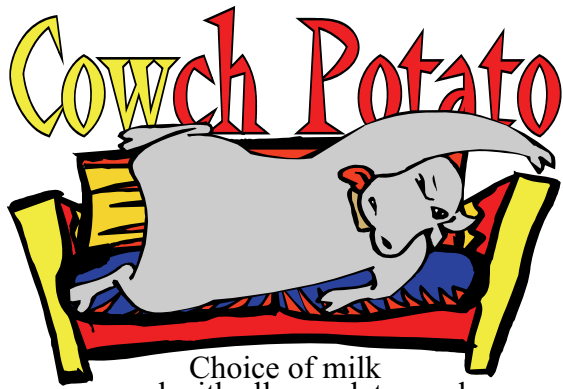
We support local New England Companies
Mighty Food Farm
Green River Produce
Youth Horticultural Group
MAUHS
Cabot Cooperative
Westminster Crackers



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

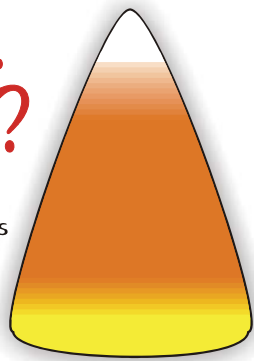
REQUIRED COURSE

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.



TREAT... OR TRICK?

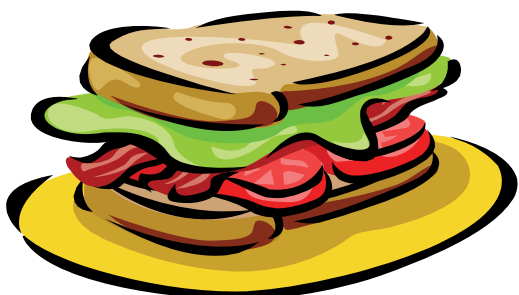
Tooth decay is five times more common among kids than asthma. By the time they reach school, four out of ten children have cavities. So don't let sugar linger in your mouth. Brush it away!



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

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