



Thursday, Oct. 1
Chef's Creation
Homemade Shepherds Pie
Crunchy Vegetable Sticks Low-Fat Dip
Fresh Baked Fiesta Corn Bread

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

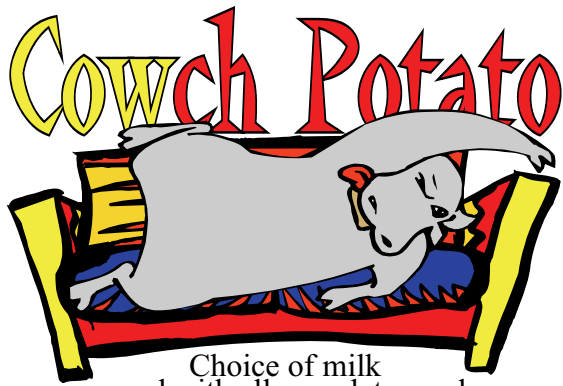
Buy Local

We support local New England Companies

Lewis Creek Farm
 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

Chef's Creation

Freshly Made Pepperoni & Cheese Pizza

Garden Tossed Salad

Chilled Fruit Cups

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

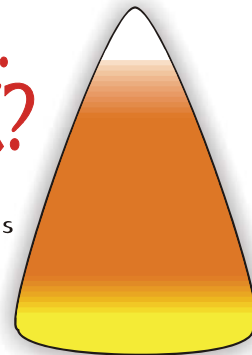
REQUIRED COURSE

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.



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!

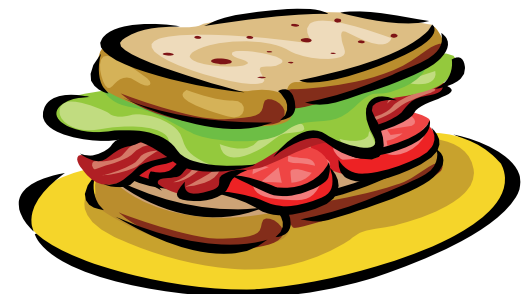
Available Daily

*Hoagie of the Day

*Garden Fresh Chef Salad

*Vegetarian Options

*Farm Fresh Milk
*Asst. Juice & Fresh Fruit



Breakfast | Lunch

Regular \$1.00
Reduced \$0.00
Adult \$1.25

Regular \$2.00
Reduced \$0.40
Adult \$3.50

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