



Thursday, Oct. 1
Chef's Creation
Homemade Shepherds Pie w/ Garlic Mashed Potato
Seasoned Carrots
Fresh Baked Fiesta Corn Muffin

Friday, Oct. 2
Chef's Creation
Spaghetti Meat & Marinara Sauce
Garden Tossed Salad
Low-fat Dressings
Fresh Baked Garlic Bread Slices

DAILY BREAKFAST OPTIONS

Mon: Combo Bar

Tues: Ham & Cheese Bagel

Wed: Egg & Cheese Sandwich

Thurs: Sausage & Cheese Muffin

Fri: Cinnamon Buns

***Cereal, Bagels, Muffins, Fruit, Milk and Juice offered daily*

Monday, Oct. 5
Chef's Creation
Oven Baked Chicken Nuggets
Rice Pilaf Plump Raisins Lemon Zest Broccoli
Homemade Wheat Dinner Rolls

Tuesday, Oct. 6
Chef's Creation
Homemade Meat & Cheese Lasagna
Seasoned Green Beans
Fresh Baked Garlic Bread Sticks

Wed., Oct. 7
Chef's Creation
Ham & Cheese Melt on a Wheat Bagel
Cucumber Slices Chilled Applesauce
Homemade Low-fat Baked Dessert

Thursday, Oct. 8
Chef's Creation
BBQ Pork Rib Sandwich
Seasoned Potato Wedges
Red Cabbage Slaw

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
Italian Meatball Subs
1/2 Baked Potato Roasted Zucchini Slices
Homemade Low-fat Dessert

Tuesday, Oct. 13
Chef's Creation
Freshly Made Pepperoni & Cheese Pizza
Garden Tossed Salad Fruit Juice Shape-Up
Homemade Low-Fat Baked 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
Chicken Tenders Stir-Fried Rice w/ Vegetables
Chilled Pineapple Cups Fortune Cookie
Homemade Wheat Dinner Roll

Friday, Oct. 16
Chef's Creation
Brunch for Lunch Piping Hot Waffles w/Syrup Oven Baked Ham Slice Seasoned Home Fries
Blueberry Cups Apple Wedges

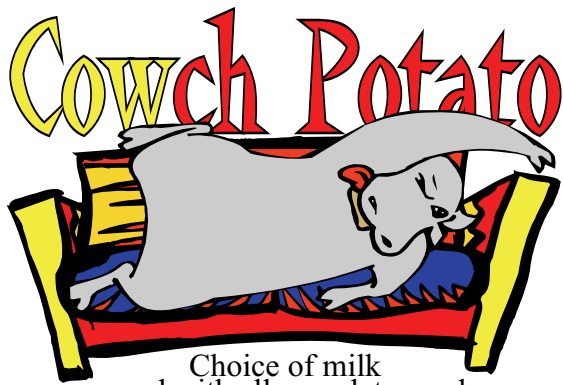
Buy Local

We support local New England Companies

Garvey's Garden
Cabot Cooperative
Westminster Cracker Co
Sentinel Orchards
Maplewood Organics



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

Monday, Oct. 19	Tuesday, Oct. 20	Wed., Oct. 21	Thur., Oct. 22	Friday, Oct. 23
Chef's Creation Homemade Macaroni & Cheese Seasoned Green Beans Homemade Fruit Muffin	Chef's Creation Dress Your Own Burger <small>Lettuce, Tomato, Cheese, Onions & Pickle</small> Ranch Rice Pilaf Carrot Sticks Homemade Low-fat Baked Dessert	Chef's Creation Freshly Made Pepperoni & Cheese Pizza Garden Tossed Salad Chilled Fruit Cups Homemade Low-fat Baked Dessert	NO SCHOOL VT NEA CONVENTION 	 NO SCHOOL VT NEA CONVENTION

Monday, Oct. 26	Tuesday, Oct. 27	Wed., Oct. 28	Thursday, Oct. 29	Friday, Oct. 30
Chef's Creation Sloppy Joes Served on Wheat Roll 1/2 Baked Potato Side Caesar Salad Homemade Low-fat Baked Dessert	Chef's Creation Baked Fish Sticks w/ Tarter Sauce Homemade Mashed Potatoes Green Peas Homemade Wheat Dinner Rolls	Chef's Creation Homemade Cheesy Bread Sticks Hearty Minestrone Soup Side of Marinara Sauce	Chef's Creation Taco Bar W/ the Works <small>Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.</small> Spanish Rice Creamy Coleslaw Homemade Low-fat Baked Dessert	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 .

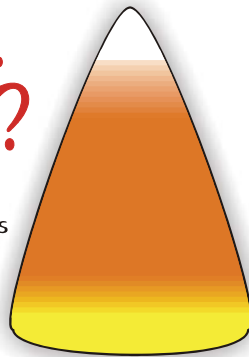


Meals Plus
KEEPING THE LUNCHLINE MOVING.

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

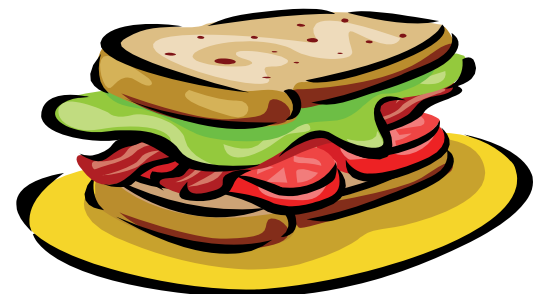
TREAT ... OR TRICK?

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



Breakfast Lunch

Regular \$0.85
Reduced \$0.00
Adult \$1.50

Regular \$1.50
Reduced \$0.40
Adult \$3.00