



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
BBQ Pork Rib Sandwich
Seasoned Potato Wedges Red Cabbage Slaw
Homemade Low-fat Baked Dessert

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 Roll

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
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



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 Chilled Fruit Cups
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
Brunch for Lunch Piping Hot Waffles w/Syrup Seasoned Home Fries Baked Ham Slice
Blueberry Cups Apple Wedges

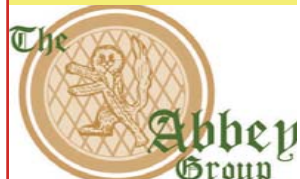
Buy Local

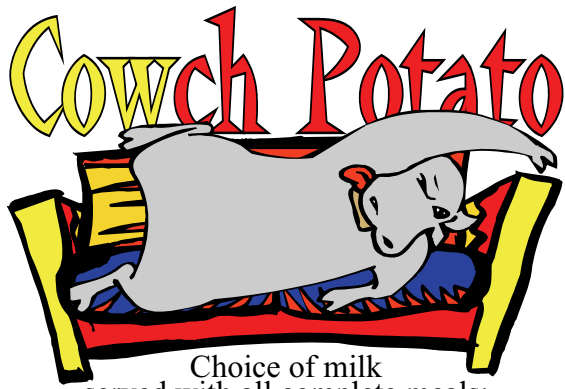
**We support local
New England
Companies**

Maplewood Organics
Cabot Cooperative
Sentinel Orchards
Westminster Cracker
Co.
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
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
Localvore Day
Turkey Cheddar Wraps
Garden Pasta Salad Seasonal Veggie Sticks
Cabot Yogurt With Granola
Taste Test Available

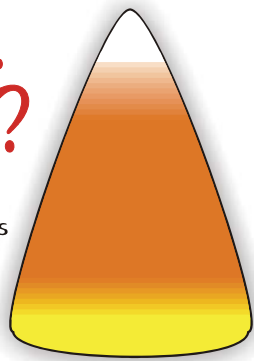
REQUIRED COURSE

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.

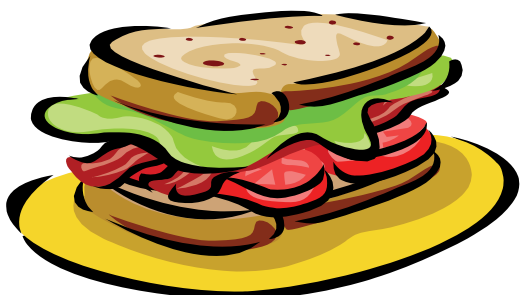
TREAT ... OR TRICK?

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 \$0.85 Reduced \$0.00 Adult \$1.50	Regular \$1.50 Reduced \$0.40 Adult \$3.00

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