





<p style="text-align: center;"><b>Chefs Corner</b></p> <p style="text-align: center;">Try our daily alternatives offered everyday! Worlds Best Hoagville Deli Bar Garden Fresh Salad Bar Creamy Yogurt</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">Hearty Homemade Soup Grilled Cheese Sandwich Saltine ♥Veggie Sticks &amp; Dip ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p> 	<p style="text-align: center;">2</p> <p style="text-align: center;">♥Chicken Lo Mien ♥Chicken, Seasonal Vegetables, ♥Ginger, Garlic, &amp; Noodles ♥Chilled Fruit Cups ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Chilled Applesauce Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>		
<p style="text-align: center;">New England Corner</p> <p style="text-align: center;">This month we have Potatoes, Crackers Zucchini, Summer Squash Cucumbers, Apples &amp; Yogurt Please contact us if you have local products that we could add to our menu.</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">Oven Baked Chicken Nuggets ♥Ranch Fiesta Rice Pilaf ♥Crunchy Vegetables ♥Creamy Ranch Dip ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">Baked Potato Bar ♥ Seasoned Beef, Bacon Bits Sour Cream, Cheese Sauce ♥Garden Salad &amp; Dinner Roll ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Home Baked Double Decker (ham &amp; cheese between dough) ♥Fresh Garden Tossed Salad ♥Chilled Fruit Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">Italian Style Lasagna ♥Steamed Broccoli Warm Garlic Bread Happy Birthday Octoberites Happy Birthday Cake ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">Pepperoni or Chef's Specialty Pizza ♥Assorted Vegetables ♥Creamy Ranch Dip ♥Chilled Applesauce Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>
 <p style="text-align: center;">For Healthy Eating Tips <a href="http://www.mypyramid.gov">www.mypyramid.gov</a></p>	<p style="text-align: center;">13</p> <p style="text-align: center;">No School</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">Sloppy Joes Served on Wheat Roll ♥Seasoned Potato Wedges ♥Seasoned Vegetables ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Breakfast for Lunch ♥Egg &amp; Cheese Breakfast Burritos ♥Garden Fresh Salsa ♥Crisp Oven Baked Hash Brown ♥Homemade Healthy Crisp ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">Nachos Supreme Meat, Cheese, Salsa, Onions, ♥Peppers, ♥Tomatoes, ♥Black Olives, Sour Cream, and Nacho Chips Spanish Rice Pilaf ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">Pepperoni or Chef's Specialty Pizza ♥Assorted Vegetables ♥Creamy Ranch Dip ♥Chilled Fruit Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>
<p style="text-align: center;">Daily Breakfast Options</p> <p>Mon., Egg and Cheese Muffins Tues., Ham &amp; Cheese Bagels Wed., Combo Bars Thurs., Sausage Muffins Fri., Cinnamon Buns Cereal, Bagels, Muffins, Fruit, Milk and Juice offered daily</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Pasta Bar w/ Cheese or Meat Sauce Rotini or Spaghetti ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Garlic Bread Sticks ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">Taco Bar w/ the Works! Lettuce, Tomato, Cheese Sour Cream, Salsa, Peppers ♥ Spanish Rice ♥Fresh Homemade Coleslaw ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Pepperoni or Chef's Specialty Pizza ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Chilled Fruit Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">♥ Chicken Scampi ♥Chicken, Pasta, Broccoli ♥Chilled Fruit Cups ♥Whole Wheat Fruit Muffins ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">Pepperoni or Chef's Specialty Pizza ♥Assorted Vegetables ♥Creamy Ranch Dip ♥Chilled Fruit Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>
<p style="text-align: center;">Prices</p> <p>Regular Priced Breakfast, \$1.25 Reduced Priced Breakfast, \$.30 Regular Priced Lunch, \$2.50 Reduced Priced Lunch, \$.40 Vermont Farm Fresh Milk, \$.50 Assorted Juice Box, \$.50 Adult Lunch Price, \$3.25</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Fluffy Pig in the Blankets Hot dog wrapped in dough ♥Seasoned Potato Wedges ♥Veggie Sticks &amp; Dip ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">Homemade Goulash ♥Pasta, Italian Red Sauce, Beef ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings Italian/Garlic Dunker Bread ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">♥Orange Chicken Served Over White Rice ♥Steamed Broccoli ♥Whole Wheat Fruit Muffins ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>	<p style="text-align: center;">30</p> <p style="text-align: center;"><b>Harvest Celebration</b> Chicken Pot Pie Chicken, Gravy, Crust Roasted Seasonal Veggies Garlic Mashed Potatoes Taste Test will be available ♥Harvest Apple Dessert ♥ Farm Fresh Milk</p>	<p style="text-align: center;">31</p> <p style="text-align: center;">Pepperoni or Chef's Specialty Pizza ♥Assorted Vegetables ♥Creamy Ranch Dip ♥Chilled Fruit Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥ Farm Fresh Milk</p>

Parents Wanted! Now accepting applications for the Food Service. Call Scott at the Abbey Group, 1-866-933-4205 x26 or online applications at [www.abbeygroup.net](http://www.abbeygroup.net)

If your income has changed for any reason, you may apply for free or reduced priced meals anytime. This information is strictly confidential!

Our menus are designed to meet the dietary guidelines of 30% or less fat from calories. This institution is an equal opportunity provider. Menus may change due to school closings without notice.