



<b>Thursday, Oct. 1</b>
<b>Chef's Creation</b>
Homemade Shepherds Pie
Crunchy Vegetable Sticks Low-Fat Dip
Fresh Baked Fiesta Corn Muffin

<b>Friday, Oct. 2</b>
<b>Chef's Creation</b>
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 Bar  
 Thurs: Sausage & Cheese Muffin  
 Fri: Cinnamon Buns

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

<b>Monday, Oct. 5</b>
<b>Chef's Creation</b>
Homemade Meat & Cheese Lasagna
Steamed Broccoli Florets
Fresh Baked Garlic Bread Sticks

<b>Tuesday, Oct. 6</b>
<b>Chef's Creation</b>
Oven Baked Chicken Nuggets
Rice with Seasonal Veggies Plump Raisins
Homemade Wheat Dinner Rolls

<b>Wed., Oct. 7</b>
<b>Chef's Creation</b>
Ham & Cheese Melt on a Wheat Bagel
Seasoned Carrots Chilled Applesauce
Homemade Low-fat Baked Dessert

<b>Thursday, Oct. 8</b>
<b>Chef's Creation</b>
Spaghetti Meat & Marinara Sauce
Garden Tossed Salad Low-fat Dressings
Fresh Baked Garlic Bread Slices

<b>Friday, Oct. 9</b>
<b>Chef's Creation</b>
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

<b>Monday, Oct. 12</b>
<b>Chef's Creation</b>
Freshly Made Pepperoni & Cheese Pizza
Garden Tossed Salad Chilled Fruit Cups
Homemade Low-fat Baked Dessert

<b>Tuesday, Oct. 13</b>
<b>Chef's Creation</b>
Italian Meatball Subs
1/2 Baked Potato Roasted Zucchini Slices
Homemade Low-fat Dessert

<b>Wed., Oct. 14</b>
<b>Chef's Creation</b>
Hearty Macaroni & Beef Soup w/ Crackers
Grilled Cheese Veggie Sticks & Bean Dip
Happy Birthday Cake Happy Birthday Octoberrites

<b>Thursday, Oct. 15</b>
<b>Chef's Creation</b>
Chinese Fried Rice With Vegetables, Egg & Chicken
Chilled Pineapple Cups Fortune Cookie
Homemade Wheat Dinner Roll

<b>Friday, Oct. 16</b>
<b>Chef's Creation</b>
Stuffed Stromboli Ham, Pepperoni or Veggie & Cheese
Garden Tossed Salad Low-fat Dressing
Marinara Dipping Sauce

**Buy Local**

**We support local New England Companies**

Mazza Farm Stand  
Westminster Cracker Co.  
Sentinel Orchards  
Cabot Cooperative  
Champlain Orchards

Reduced students are eligible for **FREE BREAKFAST!**

Menus are on the web at:  
[www.abbeygroup.net](http://www.abbeygroup.net)

# Cowch Potato



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

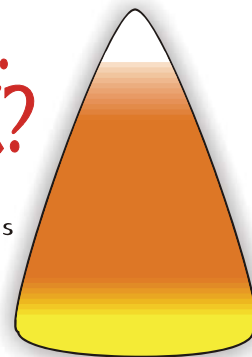
We don't consider lunch to be optional. Every kid needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. And that's also why we provide free and reduced-price meals for families that qualify. Please let us know if you have any questions.

**Meals Plus**  
KEEPING THE LUNCHLINE MOVING.

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

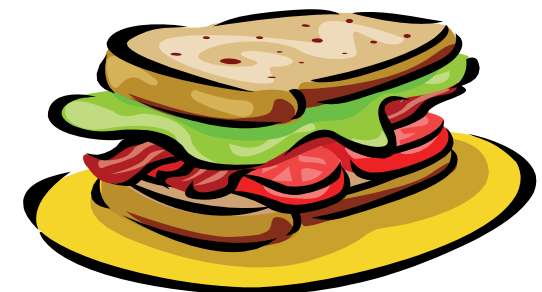
\*Hoagieville Deli

\*Garden Fresh Salad Bar

\*Cabot Yogurt & String Cheese

\*Vegetarian Options

\*Farm Fresh Milk  
\*Asst. Juice & Fresh Fruit



Breakfast

Lunch

Regular \$1.25  
Reduced \$0.00  
Adult \$1.75

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