



<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>
BBQ Pork Rib Sandwich
Seasoned Potato Wedges Creamy Cole Slaw
Homemade Low-Fat Baked Dessert

<b>DAILY BREAKFAST OPTIONS</b>
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

<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**



<b>Monday, Oct. 12</b>
<b>Chef's Creation</b>
Brunch for Lunch Piping Hot Waffles w/Syrup
Baked Ham Slice Seasoned Home Fries
Homemade Healthy Crisp

<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

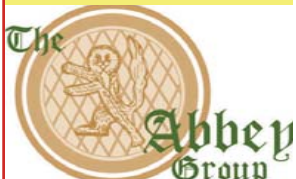
<b>Thursday, Oct. 15</b>
<b>Chef's Creation</b>
Chinese Fried Rice With Vegetables, Egg & Chicken
Chilled Pineapple Cups Fortune Cookie
Homemade Wheat Dinner Roll

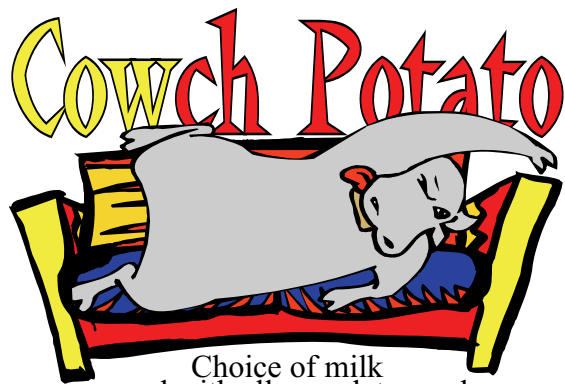
<b>Friday, Oct. 16</b>
<b>Chef's Creation</b>
Stuffed Stromboli Ham, Pepperoni or Veggie & Cheese
Garden Tossed Salad Low-fat Dressing
Marinara Dipping Sauce

<b>Buy Local</b>
<b>We support local New England Companies</b>
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](http://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**

**In-Service Day**



**Our teachers are busy sharpening their skills for you!**

**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

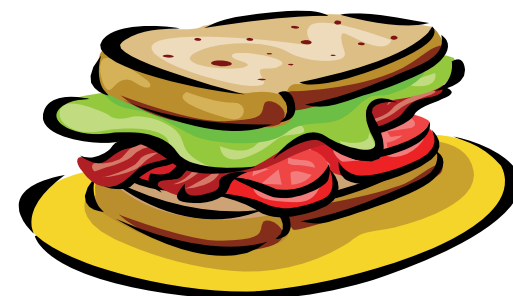
Garden Pasta Salad  
Seasonal Veggie Sticks

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.



**Breakfast**      **Lunch**

Regular \$1.00  
Reduced \$0.00  
Adult \$1.50

Regular \$2.00  
Reduced \$0.40  
Adult \$3.00

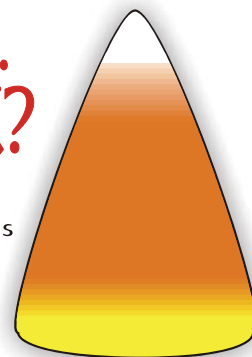
## SUCCESS STORY

As many as half a million Bald Eagles once soared over the continental U.S. Pesticides in the food chain, pollution, and hunting reduced their numbers to fewer than 500 nesting pairs by the early 1960's. Since then, conservation and a ban on certain chemicals have allowed the Bald Eagle to rebound to nearly 10,000 nesting pairs in the lower 48 states.



## 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

\*Zesty Pizza

\*Garden Fresh Salad Bar

\*Cabot Yogurt w/ String Cheese

\*Vegetarian Options

\*Farm Fresh Milk

\*Asst. Juice & Fresh Fruit

