



**Thursday, Oct. 1**

**BREAKFAST  
SERVED  
BAG LUNCH  
PICKUP**

**Friday, Oct. 2**

**BREAKFAST  
SERVED  
BAG LUNCH  
PICKUP**

**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>Tuesday, Oct. 6</b>	<b>Wed., Oct. 7</b>	<b>Thursday, Oct. 8</b>	<b>Friday, Oct. 9</b>
<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>
Homemade Meat & Cheese Lasagna	Oven Baked Chicken Nuggets	Ham & Cheese Melt on a Wheat Bagel	Spaghetti Meat & Marinara Sauce	Nachos Supreme Meat & Cheese
Steamed Broccoli Florets	Rice with Seasonal Veggies Plump Raisins	Seasoned Carrots Chilled Applesauce	Garden Tossed Salad Low-fat Dressings	Salsa, Peppers, Tomatoes, Black Olives & Sour Cream
Fresh Baked Garlic Bread Sticks	Homemade Wheat Dinner Rolls	Homemade Low-fat Baked Dessert	Fresh Baked Garlic Bread Slices	Mouthwatering Spanish Rice & Tasty Corn

**NATIONAL SCHOOL LUNCH WEEK**

**ALL-STAR  
SCHOOL LUNCH**

October 12-16 2009

<b>Monday, Oct. 12</b>	<b>Tuesday, Oct. 13</b>	<b>Wed., Oct. 14</b>	<b>Thursday, Oct. 15</b>	<b>Friday, Oct. 16</b>
<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>	<b>Chef's Creation</b>
Freshly Made Pepperoni & Cheese Pizza	Italian Meatball Subs	Hearty Macaroni & Beef Soup w/ Crackers	Chinese Fried Rice With Vegetables, Egg & Chicken	Stuffed Stromboli Ham, Pepperoni or Veggie & Cheese
Garden Tossed Salad Chilled Fruit Cups	1/2 Baked Potato Roasted Zucchini Slices	Grilled Cheese Veggie Sticks & Bean Dip	Chilled Pineapple Cups Fortune Cookie	Garden Tossed Salad Low-fat Dressing
Homemade Low-fat Baked Dessert	Homemade Low-fat Dessert	Happy Birthday Cake Happy Birthday Octoberrites	Homemade Wheat Dinner Roll	Marinara Dipping Sauce

**Buy Local**

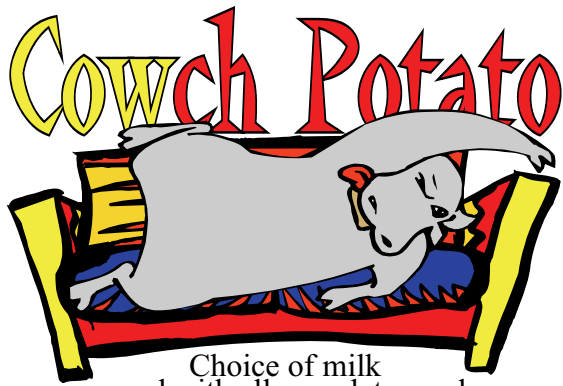
**We support local New England Companies**

Lewis Creek Farm  
 Mazza Farm Stand  
 Westminster Cracker Co.  
 Sentinel Orchards  
 Michaela's Salsa  
 Champlain Orchard  
 Cabot Cooperative

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

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

**Abbey Group**



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

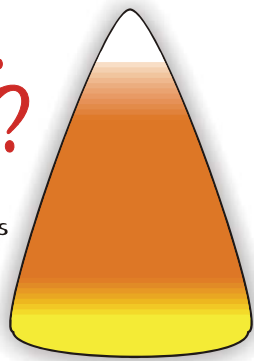
# REQUIRED COURSE

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.



## TREAT... OR TRICK?

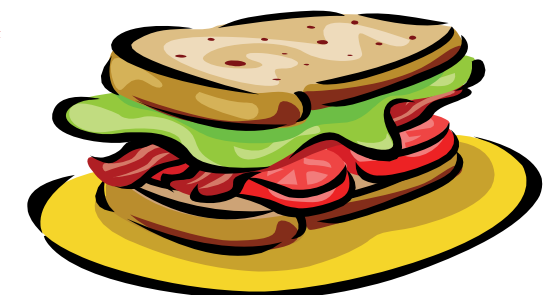
Tooth decay is five times more common among kids than asthma. By the time they reach school, four out of ten children have cavities. So don't let sugar linger in your mouth. Brush it away!



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 \$1.75  
Reduced \$0.40  
Adult \$3.00