



Thursday, Oct. 1

*Parent/Teacher
Conferences*

**BREAKFAST
SERVED
BAG LUNCH
PICKUP**

Friday, Oct. 2

*Parent/Teacher
Conferences*

**BREAKFAST
SERVED
BAG LUNCH
PICKUP**

DAILY BREAKFAST OPTIONS

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**

Monday, Oct. 5	Tuesday, Oct. 6	Wed., Oct. 7	Thursday, Oct. 8	Friday, Oct. 9
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation
Homemade Meat & Cheese Lasagna	Dockside Fish Sandwich	Santa Fe Turkey Wrap	Spaghetti Meat & Marinara Sauce	Nachos Supreme Meat & Cheese
Steamed Broccoli Florets	Crinkle Cut Fries Creamy Coleslaw	Homemade Macaroni Salad Cherry Tomatoes	Garden Tossed Salad Low-fat Dressings	Salsa, Peppers, Tomatoes, Black Olives & Sour Cream
Fresh Baked Garlic Bread Sticks	Homemade Low-fat Baked Dessert	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

Monday, Oct. 12	Tuesday, Oct. 13	Wed., Oct. 14	Thursday, Oct. 15	Friday, Oct. 16
Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation	Chef's Creation
Ham & Cheese Melt on a Wheat Bagel	Italian Meatball Subs	Hearty Macaroni & Beef Soup w/ Crackers	Chinese Fried Rice With Vegetables, Egg & Chicken	Stuffed Stromboli Ham, Pepperoni or Veggie & Cheese
Garlic Rotini 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

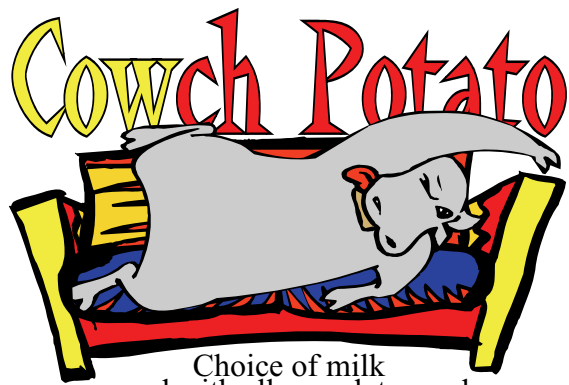
Buy Local

We support local New England Companies

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

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 w/ Baked Ham
Seasoned Green Beans
Homemade Fruit Muffin

Tuesday, Oct. 20
Chef's Creation
Buffalo Style Chicken Wrap
Vegetable Sticks Garden Pasta Salad
Homemade Low-fat Baked Dessert

Wed., Oct. 21
Chef's Creation
Hot Roast Beef Sandwich
Seasoned Potato Wedges Piping Hot Carrots
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
Flavorful Rice Pilaf Side Caesar Salad
Homemade Low-fat Baked Dessert

Tuesday, Oct. 27
Chef's Creation
Crunchy Popcorn Chicken
Homemade Mashed Potatoes w/ Gravy 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 <small>Lettuce, Tomato, Peppers, Salsa, Sour Cream & Cheese.</small>
Spanish Rice Creamy Coleslaw
Homemade Low-fat Baked Dessert

Friday, Oct. 30
Localvore Day
McKenzie Foot Long Hotdogs
Creamy Potato Salad Seasonal Veggies
Cabot Yogurt With Granola
Taste Test Available

REQUIRED COURSE

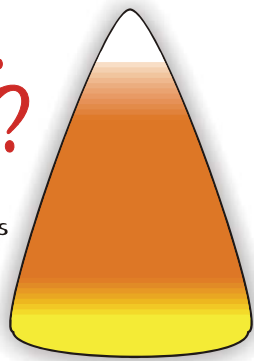
We don't consider lunch to be optional. Every kid needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. And that's also why we provide free and reduced-price meals for families that qualify. Please let us know if you have any questions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



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

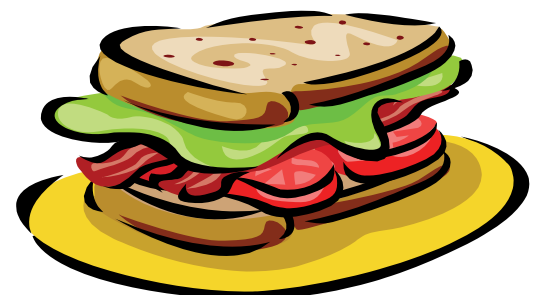
TREAT ... OR TRICK?

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
*Hoagievillle Deli
*Zesty Pizza
*Garden Fresh Salad Bar
*Cabot Yogurt & String Cheese
*Vegetarian Options
*Farm Fresh Milk
*Asst. Juice & Fresh Fruit



Breakfast	Lunch
Regular \$0.85	Regular \$2.00
Reduced \$0.00	Reduced \$0.40
Adult \$1.50	Adult \$3.00