



Menus are on the web at:
www.abbeygroup.net

Reduced students are eligible for FREE BREAKFAST!

Buy Local

We support local New England Companies

- Mighty Food Farm
- Green River Produce
- Youth Horticultural Group
- MAUHS
- Cabot Cooperative
- Westminster Crackers




MENU FOR August/September 2009

Mt. Anthony Union High School

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

Meals Plus

KEEPING THE LUNCHLINE MOVING

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

Wed., Aug. 26	Thurs., Aug. 27	Friday, Aug. 28	Monday, Aug. 31
Dockside Fish Sandwich Served on a Whole Wheat Bun Crisp French Fries Garden Fresh Coleslaw	Santa Fe Turkey Wrap (lettuce, tomato & spicy ranch) Homemade Macaroni Salad Crunchy Vegetable Sticks w/dip Homemade Healthy Dessert	Pasta Bar w/ Cheese or Meat Sauce Rotini or Spaghetti Garden Fresh Tossed Salad Asst. Low-fat dressings Garlic Bread Sticks	Taco Bar w/ the Works! (lettuce, tomato, cheese, Cabot sour cream, salsa, peppers) Spanish Rice Fresh Homemade Coleslaw

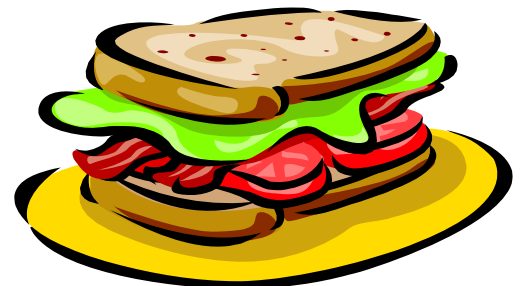
REQUIRED COURSE

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 .

Tues., Sept. 1	Wed., Sept. 2	Thurs., Sept. 3	Friday, Sept. 4
Homemade Italian Meatball Sub (Chef's tomato sauce & meatballs) Rotini w/ Garlic Sauce Roasted Zucchini Sticks	Home Baked Double Decker (ham & cheese between dough) Fresh Garden Tossed Salad Asst. Low-fat dressings Chilled Fruit Cups Homemade Healthy Dessert	Chicken Alfredo (chicken, pasta, cheese) Steamed Broccoli Chilled Fruit Cups Homemade Dinner Rolls	Localvore Friday Hearty Minestrone Soup with lots of local Veggies Grilled Cheese Sandwich Westminster Oyster Crackers Locally Grown Veggie Sticks w/ Low-fat Dip Homemade Healthy Dessert



Last Chance to Bask!
Labor Day Monday, Sept. 7
Enjoy your day off!



Breakfast	Lunch
Regular \$1.25 Reduced \$0.00	Regular \$2.00 Reduced \$0.40



MENU FOR August/September 2009

Mt. Anthony Union High School

<i>Tues., Sept. 8</i>	<i>Wed., Sept. 9</i>	<i>Thurs., Sept. 10</i>	<i>Friday, Sept. 11</i>	<i>Monday, Sept. 14</i>
Chili Burgers or Dogs Nacho Corn Chips Fresh Garden Tossed Salad Asst. Low-fat dressings	Gourmet Stromboli (meat & veggie fillings) Marinara Dipping Sauce Crunchy Broccoli w/ Ranch Dip Homemade Healthy Dessert	Hearty Breakfast For Lunch Scrambled Eggs & Waffles Baked Ham or Sausage Crisp Oven Baked Hash Brown Homemade Healthy Crisp	Localvore Friday Locally Grown Baked Potato Bar (seasoned beef, Cabot Sour cream, cheese sauce, bacon bits) Fresh Greens w/ Vinaigrette Homemade Zucchini Bread	Buffalo Style Chicken Wrap Blue Cheese and Buffalo Sauce Crunchy Vegetable Sticks w/dip Homemade Garden Pasta Salad Homemade Healthy Dessert

<i>Tues., Sept. 15</i>	<i>Wed., Sept. 16</i>	<i>Thurs., Sept. 17</i>	<i>Friday, Sept. 18</i>	<i>Monday, Sept. 21</i>
Homemade Lasagna Fresh Garden Tossed Salad Asst. Low-fat dressings Garlic Dunker Bread	Homemade Macaroni & Cheese Crunchy Vegetable Sticks w/dip Homemade Corn Bread Seasoned Green Beans Happy Birthday Septemberrites Happy Birthday Cake	Chicken Lo Mien (chicken, seasonal vegetables, ginger, garlic & noodles) Chilled Fruit Cups Homemade Healthy Dessert	Localvore Friday Spaghetti Squash w/ Marinara Sauce Baked Meatballs Roasted Seasonal Veggies Warm Garlic Bread	Crunchy Popcorn Chicken Chef Made Mashed Potato w/ Homemade Gravy California Blend Vegetables Whole Wheat Dinner Roll

Did You Know?

This is the best time of year to take advantage of Local Produce in our School's. Check out the Localvore Days on our menu. We also serve fresh local apples

<i>Tues., Sept. 22</i>	<i>Wed., Sept. 23</i>	<i>Thurs., Sept. 24</i>	<i>Friday, Sept. 25</i>	<i>Monday, Sept. 28</i>	<i>Tues., Sept. 29</i>	<i>Wed., Sept. 30</i>
Build Your Own Taco Rice Wrap (taco meat, rice, salsa, cheese, asst. garden vegetables, sour cream) Mexicali Corn Bread	Homemade Goulash Garden Fresh Tossed Salad Asst. Low-fat dressings Garlic Bread Sticks Homemade Healthy Dessert	Marinated Grilled Chicken Seasoned Couscous Side Cesar Salad Whole Wheat Dinner Roll Homemade Healthy Dessert	Localvore Friday Localvore Pizza Day Cheese & Garden Veggie Pizza Fresh Garden Tossed Salad Asst. Low-fat dressings Cabot Yogurt Parfaits w/ Fruit	Taco Bar w/ the Works! (lettuce, tomato, cheese, Cabot sour cream, salsa, peppers) Spanish Rice Fresh Homemade Coleslaw Homemade Healthy Dessert	Cheesy Breadsticks Italian Marinara Sauce Hearty Homemade Soup Crunchy Vegetable Sticks w/ Creamy Ranch Dip	Chicken Scampi (chicken, pasta, broccoli) Chilled Fruit Cup Homemade Fruit Muffin