



This Institution is an equal opportunity provider
Menus are subject to change



Fri., Dec. 1

Cheesy Ravioli Bake
Caesar Salad
Garlic Breadstick

Mon., Dec. 4

Chipotle Chicken & Cheese Flatbread
Garden Pasta Salad
Carrot Sticks

Tues., Dec. 5

Taste Test Event
Taco Bar w/WG Soft Shell Tortilla
Rice Pilaf
Steamed Corn
Warm Black Beans

Wed., Dec. 6

Early Release Breakfast Only

Thurs., Dec. 7

Philly Steak & Cheese Sub w/Onions & Peppers
Hand Cut French Fries
Steamed Peas

Fri., Dec. 8

Macaroni & Cheese
Cornbread
Green Beans
Fresh Carrots Sticks

Mon., Dec. 11

Nachos Supreme
Rice Pilaf
Black Bean & Corn Salad

Tues., Dec. 12

Dress Your Own Hot Dog
Garden Pasta Salad
Steamed Corn

Wed., Dec. 13

Ham & Cheese Double Decker
Broccoli Salad
Carrot Sticks

Thurs., Dec. 14

Holiday Luncheon
Seasoned Pork Roast
Mashed Potato w/ Gravy, Dinner Roll
Winter Squash
Holiday Dessert
Fresh Fruit & Milk

Fri., Dec. 15

Dress Your Own Burger
Oven Baked French Fries
Fresh Carrot Sticks

Mon., Dec. 18

Oven Baked BBQ Chicken
Roasted Sweet Potato Wedges
Dinner Roll
Fresh Celery Sticks

Tues., Dec. 19

Birthday Celebration
Fish Tacos w/Coleslaw
Rice Pilaf
Warm Black Beans

Wed., Dec. 20

Meatball Sub
Winter Squash Smiles
Caesar Salad

Thurs., Dec. 21

Pancakes w/ *Local Maple Syrup*
Fresh Cut Sweet & White Home Fries
Sausage Links
Green Pepper Strips

Fri., Dec. 22

Oven Baked Chicken Tenders
Oven Baked French Fries
Baked Beans
Warm Biscuit

Mon., Dec. 25

No School

Tues., Dec. 26

No School

Wed., Dec. 27

No School

Thurs., Dec. 28

No School

Fri., Dec. 29

No School



Mount Anthony Union High School
Lunch

December 2017

Daily Lunch Offerings:

Main Meal or
Cabot Yogurt Parfait or
Deli Sandwich or
Pizza Or Express

Offered with all Meals

Fresh Fruit & Veggie Bar &
Vegetable Soup
Fresh Fruit (Full cup offered daily)
Hood Milk: Skim,
1% white or
Fat-Free Chocolate

Taste Test Event
Tuesday
December 5, 2017

Featuring
Winter Squash

Harvest of the Month November

Winter
Squash



Prices

Community Eligibility Provision

Meals to all Students are Free

Snacks & Snack Milk not included

Adult	Adult
Breakfast \$2.50	Lunch \$3.75

Milk \$.50

Pay for meals on-line

For free on-line service go to

<http://www.abbeygroup.net>

Search for Your School and Click the

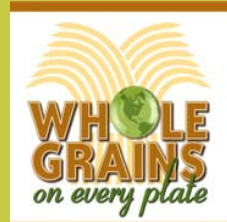
K12 Payment Center link

Local Products Used
when available



We Support Local New England Companies

Clearbrook Farm
Maplebrook Farm
Youth Horticultural Group
Koffee Kup Bakery/VT Bread Co.- Breads & Rolls
Cabot Cooperative- Yogurt, Sour Cream
King Arthur Flour- Dinner Rolls, Pizza Dough
Chappelle's Potatoes
Georgia Mtn. Maples Syrup- VT. Maple Syrup
Sunrise Orchards-Apples
Mazza Farm Stand- Local Produce
Green Mtn. Farms- Cream Cheese
Hood-Milk





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Mon., Dec. 4	Tues., Dec. 5	Wed., Dec. 6	Thurs., Dec. 7	Fri., Dec. 8
Sausage & Cheese English Bagel or French Toast Sticks Fresh Fruit Milk	Ham & Cheese Bagel or Fruit Filled Muffin Fresh Fruit Milk	Early Release Sausage & Cheese on Bagel or Healthy Breakfast Round Fresh Fruit Milk	Ham & Cheese Bagel or Fruit Filled Muffin Fresh Fruit Milk	Sausage & Cheese on Bagel or Breakfast Burrito Fresh Fruit Milk
Mon., Dec. 11	Tues., Dec. 12	Wed., Dec. 13	Thurs, Dec. 14	Fri., Dec. 15
Sausage & Cheese English Bagel or French Toast Sticks Fresh Fruit Milk	Ham & Cheese Bagel or Fruit Filled Muffin Fresh Fruit Milk	Sausage & Cheese on Bagel or Healthy Breakfast Round Fresh Fruit Milk	Ham & Cheese Bagel or Fruit Filled Muffin Fresh Fruit Milk	Sausage & Cheese on Bagel or Breakfast Burrito Fresh Fruit Milk
Mon., Dec. 18	Tues., Dec. 19	Wed., Dec. 20	Thurs, Dec. 21	Fri., Dec. 22
Sausage & Cheese English Bagel or French Toast Sticks Fresh Fruit Milk	Ham & Cheese Bagel or Fruit Filled Muffin Fresh Fruit Milk	Sausage & Cheese on Bagel or Healthy Breakfast Round Fresh Fruit Milk	Ham & Cheese Bagel or Fruit Filled Muffin Fresh Fruit Milk	Sausage & Cheese on Bagel or Breakfast Burrito Fresh Fruit Milk
Mon., Dec. 25	Tues., Dec. 26	Wed., Dec. 27	Thurs, Dec. 28	Fri., Dec. 29
No School	No School	No School	No School	No School



**Mount Anthony Union High School
Breakfast
December 2017**

DAILY BREAKFAST OPTIONS

Egg & Cheese on English Muffin
Cereals w/Toasted English Muffin
or Bagels w/Cream Cheese
Or Special of the Day

Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.

**Hood Milk: Skim,
1% white or
Fat-Free Chocolate**

Questions or Comments regarding your School Meal Program?
Please contact The Abbey Group Vice President of Operations Scott Choiniere
scott@abbeygroup.net



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Adult Breakfast \$2.50	Milk \$.50	Adult Lunch \$3.75
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Looking for a job that lets you be at home when your family needs you there?
Come Join our Team!!
Go to the link below.
You can download an application or see what we have available through Careerbuilder.
<http://www.abbeygroup.net/careers.php>

