



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



Mount Anthony Union High School
Lunch
October 2017

Mon., Oct. 2	Tues., Oct. 3	Wed., Oct. 4	Thurs., Oct. 5	Fri., Oct. 6
Oven Baked Fish Sticks Roasted Sweet Potato Wedges Steamed Broccoli	Taco Bar Hard or Soft Shell Rice Pilaf Roasted Chick Peas	Layered Chicken Bowl (Mashed Potato, Corn, Chicken Nuggets, Gravy) Garlic Breadstick Broccoli Salad Fresh Carrot Sticks	Taste Test Event Cheesy Ravioli Bake Garlic Breadstick Chopped Green Salad	BBQ Pork Sandwich Creamy Coleslaw Baked Beans
Mon., Oct. 9	Tues., Oct. 10	Wed., Oct. 11	Thurs., Oct. 12	Fri., Oct. 13
No School	BBQ Chicken Breast Sandwich w/Lettuce & Tomato Oven Baked French Fries Caesar Salad	Homemade Inside Out Cheeseburger Kale Chips Fresh Carrots Sticks w/Hummus Dip	Beef Nachos Supreme Spanish Rice Warm Black Beans	Pancakes w/ <i>Local Maple Syrup</i> Fresh Cut Sweet & White Home Fries Sausage Links Fresh Green Pepper Strips
Mon., Oct. 16	Tues., Oct. 17	Wed., Oct. 18	Thurs., Oct. 19	Fri., Oct. 20
Pig in a Blanket (Hot Dog Wrapped in Bread Dough) Roasted Sweet Potato Wedges Baked Beans	Chicken Fajitas w/Sautéed Onions & Peppers Rice Pilaf Marinated Black Bean Salsa	1/2 Day Minestrone Soup w/Fresh Kale Cheesy Breadsticks w/Marinara Fresh Celery Sticks	Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Caesar Salad	Harvest Fest Shepherd's Pie w/Local Potatoes Roasted Local Root Vegetables Dinner Roll Harvest Desert
Mon., Oct. 23	Tues., Oct. 24	Wed., Oct. 25	Thurs., Oct. 26	Fri., Oct. 27
Meatball Sub Kale Pesto Pasta Steamed Broccoli	Birthday Celebration Creamy Macaroni & Cheese Cornbread Steamed Carrots Caesar Salad	Buffalo Chicken Flatbread Steamed Corn Roasted Chick Peas	Oven Roasted Hot Turkey Sandwich Chef's Mashed Potato Steamed Peas	Grilled Ham & Cheese Sandwich Chicken Noodle Soup Fresh Celery Sticks w/ Hummus Dip
Mon., Oct. 30	Tues., Oct. 31			
Philly Steak & Cheese Sub w/Sautéed Onions & Peppers Hand Cut French Fries Steamed Green Beans	Oven Baked BBQ Chicken Rice Pilaf Dinner Roll Baked Beans Caesar Salad			

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
Thursday
October 5, 2017

Featuring
Kale Chips

Harvest of the Month
October
Kale



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>

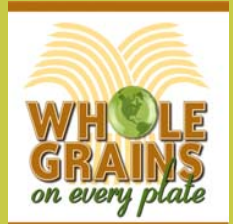
Search for Your School and Click the K12 Payment Center link

Local Products Used
when available



We Support Local New England Companies

Clearbrook Farm	Moses Farm
Maplebrook Farm	Southern VT. Orchards
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., Oct. 2	Tues., Oct. 3	Wed., Oct. 4	Thurs., Oct. 5	Fri., Oct. 6
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., Oct. 9	Tues., Oct. 10	Wed., Oct. 11	Thurs., Oct. 12	Fri., Oct. 13
No School	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., Oct. 16	Tues., Oct. 17	Wed., Oct. 18	Thurs., Oct. 19	Fri., Oct. 20
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., Oct. 23	Tues., Oct. 24	Wed., Oct. 25	Thurs., Oct. 26	Fri., Oct. 27
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., Oct. 30	Tues., Oct. 31			
Sausage & Cheese English Bagel or French Toast Sticks Fresh Fruit Milk	Ham & Cheese Bagel or Fruit Filled Muffin Fresh Fruit Milk			



Mount Anthony Union High School
Breakfast
October 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



Prices

Community Eligibility Provision

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Adult Breakfast \$2.50	Adult Lunch \$3.75
	Milk \$.50

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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>

