



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

Taste Test
Event
Thursday
Sept. 14

Featuring
Tomatoes
& Summer Squash



Mon., Sept. 4

Labor Day

Tues., Sept. 5

BBQ Chicken Breast Sandwich w/Lettuce & Tomato
Oven Baked French Fries
Steamed Green Beans

Wed., Sept. 6

Chicken Caesar Salad Wrap
Fresh Carrot Sticks w/ Hummus Dip

Thurs., Sept. 7

Meatball Sub
Creamy Coleslaw
Steamed Corn

Fri., Sept. 8

Birth Day Celebration
Dress Your Own Hot Dog
Garden Pasta Salad
Baked Beans

Mon., Sept. 11

Chicken Gyro
Cucumber Greek Salad
Fresh Celery w/ Hummus Dip

Tues., Sept. 12

Nachos Supreme
Homemade Salsa w/Fresh Tomatoes
Cherry Tomato & Corn Salad

Wed., Sept. 13

Steak & Cheese Flatbread
Oven Baked French Fries
Warm Black Beans

Thurs, Sept. 14

Taste Test Event
Creamy Macaroni & Cheese
Homemade Cornbread
Steamed Carrots
Roasted Zucchini Sticks

Fri., Sept. 15

Maple Apple French Toast Bake
Local Maple Syrup
Fresh Cut Sweet & White Home Fries
Fresh Green Pepper Strips

Mon., Sept. 18

Chicken Waffles w/Gravy
Chef's Mashed Potato
Baked Beans

Tues., Sept. 19

Taco Bar w/ Soft Shell
Homemade Salsa w/Fresh Tomatoes
Cherry Tomato & Corn Salad

Wed., Sept. 20

Chipotle Chicken & Cheese Flatbread Melt
Local Corn on the Cob
Chopped Green Salad

Thurs, Sept. 21

Chef's Special Homemade Goulash
Garlic Breadstick
Seasoned Summer Squash

Fri., Sept. 22

Grilled Ham & Cheese Sandwich From Scratch
Chicken Noodle Soup
Celery Sticks w/Hummus Dip

Mon., Sept. 25

General Tso's Chicken Served w/Rice
Stir Fried Vegetables
Dinner Roll

Tues., Sept. 26

Chicken Fajitas w/Sauteed Onions & Peppers
Rice Pilaf
Marinated Black Beans

Wed., Sept. 27

Pork Fried Rice
Steamed Broccoli
Dinner Roll
Fortune Cookie

Thurs, Sept. 28

Spaghetti w/ Meat or Marinara Sauce
Garlic Breadstick
Fresh Carrot Sticks w/Hummus

Fri., Sept. 29

Hot Ham & Cheese Grinder
Potato Salad
Steamed Green Beans



Mount Anthony Union High School
Lunch

August/September 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

Harvest of the Month



August
Tomatoes

September
Summer Squash



Local Products Used when available

Items in bold and italicized are Local Products

Items in Bold and Underlined are Harvest of the Month & Feed Items

All items in Bold are Recipes from the New School Cuisine Cookbook created by Vermont FEED

Prices

Community Eligibility Provision

Meals to all Students are Free
Snacks & Snack Milk not included

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

Pay for meals on-line

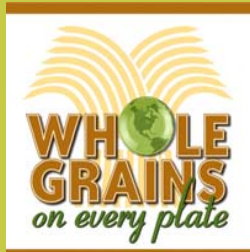
For free on-line service go to

<http://www.abbeygroup.net>

Search for Your School and Click the K12 Payment Center link

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



BACK TO SCHOOL

Mon., Sept. 4	Tues., Sept. 5	Wed., Sept. 6	Thurs., Sept. 7	Fri., Sept. 8
Labor Day	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., Sept. 11	Tues., Sept. 12	Wed., Sept. 13	Thurs, Sept. 14	Fri., Sept. 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., Sept. 18	Tues., Sept. 19	Wed., Sept. 20	Thurs, Sept. 21	Fri., Sept. 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., Sept. 25	Tues., Sept. 26	Wed., Sept. 27	Thurs, Sept. 28	Fri., Sept. 29
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



Mount Anthony Union High School
Breakfast
August/September 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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Looking for a job that lets you be at home when your family needs you there?

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Go to the link below.

You can download an application or see what we have available through Careerbuilder.

<http://www.abbeygroup.net/careers.php>

