



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



8-30 First Day
Grades K-9

8-31 First Day
Grades 10-12

Thurs., Aug. 30

BBQ Chicken Sandwich
w/Lettuce & Tomato
French Fries
Steamed Broccoli

Fri., Aug. 31

Spaghetti w/ Meat Sauce
Baker's Pride
Garlic Breadsticks
Caesar Salad
Steamed Corn

Mon., Sept. 3

No School Labor Day

Tues., Sept. 4

Cape Cod Crusted Fish & Chips
w/Tartar Sauce
French Fries
Dinner Roll
Creamy Coleslaw

Wed., Sept. 5

Cheeseburger Flatbread
Zucchini Parmesan
Fresh Carrot Sticks

Thurs., Sept. 6

Cheesy Ravioli Bake
Baker's Pride
Garlic Breadsticks
Caesar Salad
Steamed Corn

Fri., Sept. 7

Birthday Celebration
Slow Roasted BBQ Pork Sandwich
Steamed Broccoli
Vegetarian Baked Beans

Mon., Sept. 10

Creamy Macaroni & Cheese
Homemade Cornbread
Caesar Salad
Steamed Carrots

Tues., Sept. 11

Taste Test Event
Nachos w/ The Works
(Ground Beef, Tortilla Chips, Homemade Cheese Sauce & Salsa)
Rice Pilaf
Warm Black Beans

Wed., Sept. 12

Cheesy Breadsticks w/Marinara
Chicken Noodle Soup
Fresh Celery Sticks

Thurs., Sept. 13

Oven Baked BBQ Chicken
Hand Cut French Fries
Corn on the Cob
Dinner Roll

Fri., Sept. 14

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

Mon., Sept. 17

Seasoned Chicken Breast Tenders
w/Dipping Sauce
Roasted Sweet Potato Wedges
Dinner Roll
Roasted Zucchini

Tues., Sept. 18

Taco Bar w/ Soft Shell
Homemade Salsa w/Fresh Tomatoes
Rice Pilaf
Black Bean & Corn Salad

Wed., Sept. 19

Homemade Goulash
Baker's Pride
Garlic Breadsticks
Chopped Green Salad
Carrot Sticks

Thurs., Sept. 20

Shepherd's Pie (Hamburger, Corn & Mashed Potato)
Dinner Roll
Fresh Celery Sticks

Fri., Sept. 21

Grilled Ham & Cheese Sandwich
Creamy Tomato Soup
Steamed Broccoli

Mon., Sept. 24

Hearty Chicken & Biscuits
Steamed Peas
Fresh Celery Sticks

Tues., Sept. 25

Chicken & Cheese Quesadilla w/Salsa
Rice Pilaf
Garbanzo Bean Salad
Steamed Corn

Wed., Sept. 26

Sloppy Joe
Garden Pasta Salad
Fresh Carrot Sticks

Thurs., Sept. 27

Spaghetti w/ Meat Sauce
Baker's Pride
Garlic Breadsticks
Caesar Salad
Steamed Corn

Fri., Sept. 28

Early Release On The Go Deli Sandwich
Veggie Sticks
Sun Chips
Fruit
Milk



Mount Anthony Union High School
Lunch

August/September 2018

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
September 11, 2018

Featuring
Tomatoes

Harvest of the Month



August
Tomatoes

September
Summer Squash



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

NORTH COAST SEAFOODS



Chef's Catch



New Local Product: North Coast Seafood

The Abbey Group is proud to announce our Sea to School program. We have contracted with North Coast Seafood in Boston MA. A great third generation family run business. The fishermen are catching GMRI Certified Sustainable Wild Acadian Redfish, locally in the Gulf of Maine. Each fish is caught individually with line and hook. North Coast Seafood fillets the fish, debones the fish, and then breads the fish with low fat Cape Cod breading. This is a whole muscle kid friendly healthy product. We are excited to menu this restaurant quality product and support local business in New England.



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**8-30 First Day
Grades K-9**

**8-31 First Day
Grades 10-12**

Thurs., Aug 30

Ham & Cheese
Bagel or Fruit
Filled Muffin

Fresh Fruit

Milk

Fri., Aug 31

Sausage &
Cheese on Bagel
or
Breakfast Burrito

Fresh Fruit
Milk

Mon., Sept 3

**No
School
Labor
Day**

Tues., Sept 4

Ham & Cheese
Bagel or Fruit
Filled Muffin

Fresh Fruit

Milk

Wed., Sept 5

Sausage &
Cheese on Bagel
or
Healthy Breakfast
Round
Fresh Fruit
Milk

Thurs., Sept 6

Ham & Cheese
Bagel or Fruit
Filled Muffin

Fresh Fruit

Milk

Fri., Sept 7

Sausage &
Cheese on Bagel
or
Breakfast Burrito

Fresh Fruit
Milk

Mon., Sept 10

Sausage &
Cheese English
Bagel or
French Toast
Sticks
Fresh Fruit
Milk

Tues., Sept 11

Ham & Cheese
Bagel or Fruit
Filled Muffin

Fresh Fruit

Milk

Wed., Sept 12

Sausage &
Cheese on Bagel
or
Healthy Breakfast
Round
Fresh Fruit
Milk

Thurs., Sept 13

Ham & Cheese
Bagel or Fruit
Filled Muffin

Fresh Fruit

Milk

Fri., Sept 14

Sausage &
Cheese on Bagel
or
Breakfast Burrito

Fresh Fruit
Milk

Mon., Sept 17

Sausage &
Cheese English
Bagel or
French Toast
Sticks
Fresh Fruit
Milk

Tues., Sept 18

Ham & Cheese
Bagel or Fruit
Filled Muffin

Fresh Fruit

Milk

Wed., Sept 19

Sausage &
Cheese on Bagel
or
Healthy Breakfast
Round
Fresh Fruit
Milk

Thurs., Sept 20

Ham & Cheese
Bagel or Fruit
Filled Muffin

Fresh Fruit

Milk

Fri., Sept 21

Sausage &
Cheese on Bagel
or
Breakfast Burrito

Fresh Fruit
Milk

Mon., Sept 24

Sausage &
Cheese English
Bagel or
French Toast
Sticks
Fresh Fruit
Milk

Tues., Sept 25

Ham & Cheese
Bagel or Fruit
Filled Muffin

Fresh Fruit

Milk

Wed., Sept 26

Sausage &
Cheese on Bagel
or
Healthy Breakfast
Round
Fresh Fruit
Milk

Thurs., Sept 27

Ham & Cheese
Bagel or Fruit
Filled Muffin

Fresh Fruit

Milk

Fri., Sept 28

Half Day
Sausage &
Cheese on Bagel
or
Breakfast Burrito
Fresh Fruit
Milk



**Mount Anthony Union High School
Breakfast
August/September 2018**

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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Breakfast \$2.50

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Lunch \$3.75

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