



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



Mount Anthony Union High School
Lunch
January 2018

Mon., Jan. 1	Tues., Jan. 2	Wed., Jan. 3	Thurs., Jan. 4	Fri., Jan. 5
No School	Chicken Patty Sandwich w/Lettuce & Tomato Oven Baked French Fries Baked Beans	Open Face Buffalo Chicken Calzone Caesar Salad Fresh Carrot Sticks w/Hummus Dip	Spaghetti w/ Meat Sauce Garlic Breadsticks Spinach Salad Green Beans	Pancakes w/ Local Maple Syrup Fresh Cut Sweet & White Home Fries Sausage Links Fresh Celery Sticks
Mon., Jan. 8	Tues., Jan. 9	Wed., Jan. 10	Thurs., Jan. 11	Fri., Jan. 12
Chicken & Biscuits Mashed Potato Steamed Peas & Carrots	Taste Test Event Chicken Fajitas w/Onions & Peppers Rice Pilaf Steamed Corn Caesar Salad	Meatball Sub Baked Potato w/Sour Cream & Chives Steamed Broccoli	Oven Baked Goulash Garlic Breadsticks Caesar Salad Steamed Broccoli	BBQ Pork Sandwich Creamy Coleslaw Roasted Chick Peas
Mon., Jan. 15	Tues., Jan. 16	Wed., Jan. 17	Thurs., Jan. 18	Fri., Jan. 19
No School	Nachos Supreme Rice Pilaf Steamed Corn Creamy Coleslaw	Cheesy Breadsticks w/ Marinara Sauce Minestrone Soup Fresh Celery Sticks	Macaroni & Cheese Cornbread Chopped Green Salad w/Buttermilk Ranch Dressing	Oven Baked BBQ Chicken Roasted Sweet Potato Wedges Dinner Roll Baked Beans
Mon., Jan. 22	Tues., Jan. 23	Wed., Jan. 24	Thurs., Jan. 25	Fri., Jan. 26
Oven Baked Chicken Tenders w/Dipping Sauce Garden Pasta Salad Baked Beans Steamed Carrots	Birthday Celebration Taco Bar w/WG Soft Shell Tortilla Rice Pilaf Creamy Coleslaw Steamed Corn	Steak & Cheese on WG Flatbread Chopped Green Salad w/Buttermilk Ranch Dressing Green Beans	Hot Turkey Sandwich w/ Gravy Mashed Potato Steamed Peas	No School
Mon., Jan. 29	Tues., Jan. 30	Wed., Jan. 31		
Winter Beach Party Burgers & Hot Dogs w/Fixings Garden Pasta Salad Baked Beans Chilled Watermelon Frozen Sidekick	Chicken & Cheese Quesadilla Rice Pilaf Steamed Corn Roasted Chick Peas	Ham & Cheese Calzone w/Marinara Dipping Sauce Roasted Parsnips Chopped Green 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
Tuesday
January 9, 2018

Featuring
Buttermilk

Harvest of the Month
January
Buttermilk
Ranch
Dressing

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

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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Mount Anthony Union High School
Breakfast
January 2018

Mon., Jan. 1	Tues., Jan. 2	Wed., Jan. 3	Thurs., Jan. 4	Fri., Jan. 5
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., Jan. 8	Tues., Jan. 9	Wed., Jan. 10	Thurs., Jan. 11	Fri., Jan. 12
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
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Mon., Jan. 29	Tues., Jan. 30	Wed., Jan. 31		
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		

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>

