



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



Mount Anthony Union Middle 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 <b>Broccoli Salad</b> Fresh Carrot Sticks	<b>Taste Test Event</b> Cheesy Ravioli Bake Garlic Breadstick Chopped Green Salad	<b>Harvest Fest</b> Grilled Burgers, Hot Dogs or Veggie Burgers Roasted Local Root Vegetables Crunchy Crisp Apple Salad Pumpkin Squares
Mon., Oct. 9	Tues., Oct. 10	Wed., Oct. 11	Thurs., Oct. 12	Fri., Oct. 13
<b>No School</b>	Chicken Patty Sandwich w/Lettuce & Tomato  Oven Baked French Fries	Homemade Inside Out Cheeseburger  <b>Kale Chips</b> 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	<b>1/2 Day Minestrone Soup</b> w/Fresh Kale Cheesy Breadsticks w/Marinara Fresh Celery Sticks	Spaghetti w/ Meat or Marinara Sauce Garlic Breadstick Caesar Salad	BBQ Pork Sandwich  Creamy Coleslaw Baked Beans
Mon., Oct. 23	Tues., Oct. 24	Wed., Oct. 25	Thurs., Oct. 26	Fri., Oct. 27
Meatball Sub <b>Kale Pesto Pasta</b> Steamed Broccoli	<b>Birthday Celebration</b> 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  
  
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**



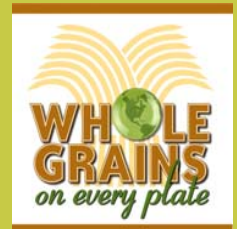
### Prices

**Community Eligibility Provision**  
Meals to all Students are Free  
*Snacks & Snack Milk not included*  
Adult 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  
Moses Farm  
Southern VT. Orchards





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Mon., Oct. 2	Tues., Oct. 3	Wed., Oct. 4	Thurs., Oct. 5	Fri., Oct. 6
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Whole Grain Pancakes w/Syrup Fresh Fruit Milk
Mon., Oct. 9	Tues., Oct. 10	Wed., Oct. 11	Thurs., Oct. 12	Fri., Oct. 13
<b>No School</b>	Whole Grain Cinnamon Roll Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Whole Grain Pancakes w/Syrup Fresh Fruit Milk
Mon., Oct. 16	Tues., Oct. 17	Wed., Oct. 18	Thurs., Oct. 19	Fri., Oct. 20
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Early Release Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Whole Grain Pancakes w/Syrup Fresh Fruit Milk
Mon., Oct. 23	Tues., Oct. 24	Wed., Oct. 25	Thurs., Oct. 26	Fri., Oct. 27
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk	Scrambled Egg & Cheese Wrap Fresh Fruit Milk	Healthy Whole Grain Breakfast Round Fresh Fruit Milk	Whole Grain Pancakes w/Syrup Fresh Fruit Milk
Mon., Oct. 30	Tues., Oct. 31			
Whole Grain French Toast Sticks Fresh Fruit Milk	Whole Grain Cinnamon Roll Fresh Fruit Milk			



Mount Anthony Union Middle School  
Breakfast  
August/September 2017

### DAILY BREAKFAST OPTIONS

Sausage & Cheese 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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Snacks & Snack Milk not included

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>

