



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



Mount Anthony Union Middle School  
Lunch  
January 2018

Mon., Jan. 1	Tues., Jan. 2	Wed., Jan. 3	Thurs., Jan. 4	Fri., Jan. 5
<b>No School</b>	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	Chicken Fajitas w/Onions & Peppers Rice Pilaf Steamed Corn
Mon., Jan. 8	Tues., Jan. 9	Wed., Jan. 10	Thurs., Jan. 11	Fri., Jan. 12
Chicken & Biscuits Mashed Potato Steamed Peas & Carrots	<b>Taste Test Event</b> Pancakes w/ Local Maple Syrup Fresh Cut Sweet & White Home Fries Sausage Links Fresh Celery Sticks	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
<b>No School</b>	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	<b>Birth Day Celebration</b> 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	<b>No School</b>
Mon., Jan. 29	Tues., Jan. 30	Wed., Jan. 31		
<b>Winter Beach Party</b> 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

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	Adult
Breakfast \$2.50	Lunch \$3.75

Milk \$.50

Pay for meals on-line

For free on-line service go to

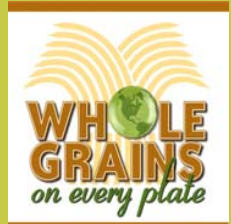
<http://www.abbeygroup.net>

Search for Your School and Click the  
K12 Payment Center link

Local Products Used  
when available



We Support Local New England Companies  
Clearbrook Farm  
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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Mount Anthony Union Middle School  
Breakfast  
January 2018

Mon., Jan. 1	Tues., Jan. 2	Wed., Jan. 3	Thurs., Jan. 4	Fri., Jan. 5
<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., Jan. 8	Tues., Jan. 9	Wed., Jan. 10	Thurs., Jan. 11	Fri., Jan. 12
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
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## 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

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

Adult Breakfast \$2.50	Milk \$.50	Adult Lunch \$3.75
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### Pay for meals on-line

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K12 Payment Center link

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>

