



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

Chicken Patty
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

Oven Baked
Chicken Nuggets
w/Dipping Sauce
Roasted Sweet
Potato Wedges
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
Dress Your
Own Burger
Oven Baked
French Fries
Vegetarian
Baked Beans



Mount Anthony Union Middle 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

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 Milk \$.50
Adult Lunch \$3.75

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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Mount Anthony Union Middle School
Breakfast
August/September 2018



8-30 First Day
Grades K-9

8-31 First Day
Grades 10-12

Thurs., Aug 30

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Aug 31

Whole Grain
Pancakes
w/Syrup
Fresh Fruit
Milk

Mon., Sept 3

**No
School
Labor
Day**

Tues., Sept 4

Whole Grain
Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept 5

Scrambled
Egg & Cheese
Wrap
Fresh Fruit
Milk

Thurs., Sept 6

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept 7

Whole Grain
Pancakes
w/Syrup
Fresh Fruit
Milk

Mon., Sept 10

Whole Grain
French Toast
Sticks
Fresh Fruit
Milk

Tues., Sept 11

Whole Grain
Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept 12

Scrambled
Egg & Cheese
Wrap
Fresh Fruit
Milk

Thurs., Sept 13

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept 14

Whole Grain
Pancakes
w/Syrup
Fresh Fruit
Milk

Mon., Sept 17

Whole Grain
French Toast
Sticks
Fresh Fruit
Milk

Tues., Sept 18

Whole Grain
Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept 19

Scrambled
Egg & Cheese
Wrap
Fresh Fruit
Milk

Thurs., Sept 20

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept 21

Whole Grain
Pancakes
w/Syrup
Fresh Fruit
Milk

Mon., Sept 24

Whole Grain
French Toast
Sticks
Fresh Fruit
Milk

Tues., Sept 25

Whole Grain
Cinnamon Roll
Fresh Fruit
Milk

Wed., Sept 26

Scrambled
Egg & Cheese
Wrap
Fresh Fruit
Milk

Thurs., Sept 27

Healthy
Whole Grain
Breakfast
Round
Fresh Fruit
Milk

Fri., Sept 28

Half Day
Whole Grain
Pancakes
w/Syrup
Fresh Fruit
Milk

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

Adult
Lunch \$3.75

Milk \$.50

Pay for meals on-line

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