



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

Taste Test  
Event  
Thursday  
Sept. 14

Featuring  
Tomatoes  
& Summer Squash



Mon., Sept. 4

**Labor Day**

Tues., Sept. 5

Chicken Patty Sandwich  
w/Lettuce & Tomato  
Oven Baked French Fries  
Steamed Green Beans

Wed., Sept. 6

Chicken Caesar Salad Wrap  
  
Fresh Carrot Sticks w/ Hummus Dip

Thurs., Sept. 7

Meatball Sub  
  
Creamy Coleslaw  
  
Steamed Corn

Fri., Sept. 8

**Birth Day Celebration**  
Dress Your Own Hot Dog  
Garden Pasta Salad  
Baked Beans

Mon., Sept. 11

Chicken Gyro  
Cucumber Greek Salad  
Fresh Celery w/ Hummus Dip

Tues., Sept. 12

Nachos Supreme  
*Homemade Salsa w/Fresh Tomatoes*  
**Cherry Tomato & Corn Salad**

Wed., Sept. 13

Steak & Cheese Flatbread  
Oven Baked French Fries  
Warm Black Beans

Thurs, Sept. 14

Taste Test Event  
Creamy Macaroni & Cheese  
Homemade Cornbread  
Steamed Carrots  
**Roasted Zucchini Sticks**

Fri., Sept. 15

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

Mon., Sept. 18

Chicken Waffles w/Gravy  
Chef's Mashed Potato  
Baked Beans

Tues., Sept. 19

Taco Bar w/ Soft Shell  
*Homemade Salsa w/Fresh Tomatoes*  
**Cherry Tomato & Corn Salad**

Wed., Sept. 20

Chipotle Chicken & Cheese Flatbread Melt  
***Local Corn on the Cob***  
Chopped Green Salad

Thurs, Sept. 21

Chef's Special  
Homemade Goulash  
Garlic Breadstick  
**Seasoned Summer Squash**

Fri., Sept. 22

Grilled Ham & Cheese Sandwich  
From Scratch Chicken Noodle Soup  
Celery Sticks w/Hummus Dip

Mon., Sept. 25

General Tso's Chicken Served w/Rice  
  
Stir Fried Vegetables  
Dinner Roll

Tues., Sept. 26

Chicken Fajitas w/Sauteed Onions & Peppers  
Rice Pilaf  
Marinated Black Beans

Wed., Sept. 27

Pork Fried Rice  
Steamed Broccoli  
Dinner Roll  
Fortune Cookie

Thurs, Sept. 28

Spaghetti w/ Meat or Marinara Sauce  
Garlic Breadstick  
Fresh Carrot Sticks w/Hummus

Fri., Sept. 29

Hot Ham & Cheese Grinder  
  
Potato Salad  
  
Steamed Green Beans



Mount Anthony Union Middle School  
Lunch

August/September 2017

## 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**

## Harvest of the Month



**August**  
Tomatoes

**September**  
Summer Squash



Local Products Used  
when available

*Items in bold and italicized are Local Products*

**Items in Bold and Underlined are Harvest of the Month & Feed Items**

All items in Bold are Recipes from the New School Cuisine Cookbook created by Vermont FEED

## 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**

We Support Local New England Companies

Clearbrook Farm	Moses Farm
Maplebrook Farm	Southern VT. Orchards
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	



# BACK TO SCHOOL

Mon., Sept. 4	Tues., Sept. 5	Wed., Sept. 6	Thurs., Sept. 7	Fri., Sept. 8
<b>Labor Day</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., Sept. 11	Tues., Sept. 12	Wed., Sept. 13	Thurs, Sept. 14	Fri., Sept. 15
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., Sept. 18	Tues., Sept. 19	Wed., Sept. 20	Thurs, Sept. 21	Fri., Sept. 22
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., Sept. 25	Tues., Sept. 26	Wed., Sept. 27	Thurs, Sept. 28	Fri., Sept. 29
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



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



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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>

