



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



**Fri., Dec. 1**

Early Release  
Cheesy Ravioli  
Bake  
Caesar Salad  
Garlic  
Breadstick

**Mon., Dec. 4**

Chipotle Chicken  
& Cheese  
Flatbread  
Garden Pasta  
Salad  
Carrots Sticks

**Tues., Dec. 5**

**Taste Test Event**  
Taco Bar  
w/WG Soft  
Shell Tortilla  
Rice Pilaf  
Steamed Corn  
Warm Black Beans

**Wed., Dec. 6**

**Early Release**  
Chicken Patty  
Sandwich  
w/Lettuce & Tomato  
Oven Baked  
French Fries  
Baked Beans

**Thurs., Dec. 7**

Philly Steak &  
Cheese Sub  
Chef's Mashed  
Potato  
Steamed Peas

**Fri., Dec. 8**

Macaroni &  
Cheese  
Cornbread  
Green Beans  
Fresh Carrots  
Sticks

**Mon., Dec. 11**

Nachos  
Supreme  
Rice Pilaf  
Black Bean &  
Corn Salad

**Tues., Dec. 12**

**Birthday  
Celebration**  
Fish Tacos  
w/Coleslaw  
Rice Pilaf  
Warm Black  
Beans

**Wed., Dec. 13**

Ham & Cheese  
Double Decker  
Broccoli Salad  
Carrot Sticks

**Thurs, Dec. 14**

Dress Your  
Own Hot Dog  
Garden Pasta  
Salad  
Steamed Corn

**Fri., Dec. 15**

Dress Your  
Own Burger  
Oven Baked  
French Fries  
Fresh Carrot  
Sticks

**Mon., Dec. 18**

Oven Baked  
BBQ Chicken  
Roasted Sweet  
Potato Wedges  
Dinner Roll  
Fresh Celery  
Sticks

**Tues., Dec. 19**

**Holiday Luncheon**  
Seasoned Pork  
Roast  
Mashed Potato w/  
Gravy, Dinner Roll  
**Winter Squash**  
Holiday Dessert  
Fresh Fruit & Milk

**Wed., Dec. 20**

Meatball  
Sub  
**Winter Squash  
Smiles**  
Caesar Salad

**Thurs, Dec. 21**

Pancakes w/  
*Local Maple Syrup*  
Fresh Cut Sweet  
& White Home  
Fries  
Sausage Links  
Green Pepper  
Strips

**Fri., Dec. 22**

Oven Baked  
Chicken Nuggets  
Garden Pasta  
Salad  
Warm Biscuit  
Baked Beans

**Mon., Dec. 25**

**No  
School**

**Tues., Dec. 26**

**No  
School**

**Wed., Dec. 27**

**No  
School**

**Thurs, Dec. 28**

**No  
School**

**Fri., Dec. 29**

**No  
School**



**Mount Anthony Union Middle School  
Lunch**

December 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**

**Taste Test Event  
Tuesday  
December 5, 2017**

Featuring  
Winter Squash

**Harvest of  
the Month  
November**

Winter  
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>

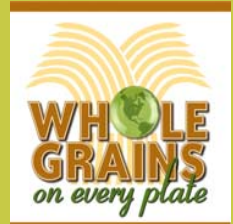
**Search for Your School and Click the**

**K12 Payment Center link**

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., Dec. 4	Tues., Dec. 5	Wed., Dec. 6	Thurs., Dec. 7	Fri., Dec. 8
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., Dec. 11	Tues., Dec. 12	Wed., Dec. 13	Thurs, Dec. 14	Fri., Dec. 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., Dec. 18	Tues., Dec. 19	Wed., Dec. 20	Thurs, Dec. 21	Fri., Dec. 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., Dec. 25	Tues., Dec. 26	Wed., Dec. 27	Thurs, Dec. 28	Fri., Dec. 29
<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>

**Fri., Dec. 1**  
Early Release  
Whole Grain Pancakes w/Syrup  
Fresh Fruit  
Milk



**Mount Anthony Union Middle School  
Breakfast  
December 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.*

**Questions or Comments regarding your School Meal Program?**  
Please contact The Abbey Group Vice President of Operations Scott Choiniere  
scott@abbeygroup.net

**Hood Milk: Skim, 1% white or Fat-Free Chocolate**



**Prices**  
Community Eligibility Provision  
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*Snacks & Snack Milk not included*  
Adult Breakfast \$2.50      Adult Lunch \$3.75  
Milk \$.50  
**Pay for meals on-line**  
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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>

