

WELCOME BACK



MENU FOR AUGUST 2010

Mount Anthony Union Middle School

This institution is an equal opportunity employer and provider

Pay for meals on-line at



Providing parents a safe secure way to manage food service payments and to look up account balances.

Visit our website: www.abbeygroup.net/foodserve.htm to access school menus, online pre-pay and food policy statements.

Prices

Breakfast

Paid \$1.15
Reduced Free
Adult \$1.50

Lunch

Paid \$2.00
Reduced \$0.40
Adult \$3.25

Milk \$0.50

Comments or Suggestions?

Call or email
 The Abbey Group
 1-800-696-4748
coments@abbeygroup.net

Looking for a job that lets you be at home when your family needs you there?

Come Join our Team!!
 Call today for more information.

1-866-933-4205 X24

| Monday, Aug. 23 | Tuesday, Aug. 24 | Wed., Aug. 25 | Thurs., Aug. 26 | Friday, Aug 27 | Available Daily Meal Options |
|-----------------|------------------|--|--|--|---|
| | | 1st Day of School Buffalo Chicken Wrap Cheese, Lettuce, & Tomato Ranch or Blue Cheese Oven Baked French Fries Fresh Cherry Tomatoes w/Dip Fresh Fruit Farm Fresh Milk | Pasta Bar Rotini or Spaghetti Meat Sauce or Homemade Cheese Sauce Tossed Salad Low-Fat Dressings Garlic Bread Sticks Fresh Fruit Farm Fresh Milk | Italian Style Calzones Pepperoni, Ham & Veggie Garden Salad Low-Fat Dressings Fruit Juice Shape Ups Fresh Fruit Farm Fresh Milk | Hoagieville Deli Zesty Pizza Garden Fresh Salad Bar Popular Express Lane Yogurt Parfait & String Cheese Vegetarian Options OR Hot Entrée listed |

The Abbey Group's meal options are prepared home-style daily with fresh local products!

| Monday, Aug. 30 | Tuesday, Aug. 31 |
|---|---|
| Marinated Chicken Breast Roasted Red Potatoes Mouthwatering Corn Wheat Dinner Roll Fresh Fruit Farm Fresh Milk | Hearty Chicken Noodle Soup w/Crackers Grilled Cheese Sandwich Garden Salad Low-Fat Dressings Fresh Fruit Farm Fresh Milk |

BUY LOCAL

We support local New England Companies

- Cold Hollow Cider
- Sunrise Orchards
- Mighty Food Farm
- Green River Produce
- Youth Horticultural Group
- MAUHS
- Cabot Cooperative
- Westminster Crackers
- VT. Hydroponic Produce LLC



DAILY BREAKFAST OPTIONS

Mon: French Toast Sticks w/ Warm syrup

Tues: Sausage & Cheese and Egg & Cheese Muffins

Wed: Healthy Breakfast Pizza

Thurs: Sausage & Cheese Bagels and Ham & Cheese Bagels

Friday: Breakfast Buns & Scrambled Eggs

**Cereal w/English Muffin, Bagels, Muffins, Fruit, Milk and 100% Juice offered EVERYDAY!!

WELCOME BACK



MENU FOR SEPTEMBER 2010

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Prices

Breakfast

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Reduced Free
Adult \$1.50

Lunch

Paid \$1.75
Reduced \$0.40
Adult \$3.25

Milk \$0.50

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| Wed., Sept. 1 | Thurs., Sept. 2 | Friday, Sept. 3 | Available Daily Meal Options |
|--|---|--|--|
| Taco Bar W/ the Works Ground Beef, Lettuce, Tomato, Peppers, Salsa, Cabot Sour Cream, Shredded Cheese, Crispy Corn Shell Spanish Rice Creamy Rainbow Coleslaw Fresh Fruit Farm Fresh Milk | Buffalo Chicken Wrap Cheese, Lettuce, & Tomato Ranch or Blue Cheese Oven Baked French Fries Fresh Cherry Tomatoes w/Dip Fresh Fruit Farm Fresh Milk | BBQ Pulled Pork Sandwich on Wheat Roll Garden Salad Low-Fat Dressings Green Peas Low-Fat Dessert Fresh Fruit Farm Fresh Milk | Hoagieville Deli Zesty Pizza Garden Fresh Salad Bar Popular Express Lane Yogurt Parfait & String Cheese Vegetarian Options OR Hot Entrée listed |

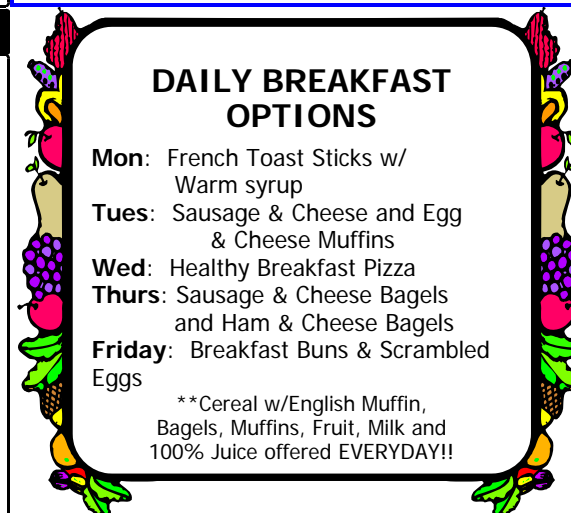
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| Monday, Sept. 6 | Tues., Sept. 7 | Wed., Sept. 8 | Thurs., Sept. 9 | Friday, Sept. 10 |
|--|--|--|--|--|
| Labor Day  NO SCHOOL | Chicken Caesar Salad Romaine, Chicken, Croutons & Creamy Caesar Dressing Chilled Fruit Cup Homemade Dinner Roll Fresh Fruit Farm Fresh Milk | Chicken & Cheese Fajitas Cabot Sour Cream & Soft Flour Tortilla Brown Rice Pilaf Fresh Garden Salsa Black Bean & Corn Salad Happy Birthday Cake Fresh Fruit Farm Fresh Milk | Brunch for Lunch Waffles w/ Cinnamon & Apples Seasoned Home Fries Sausage Links Fresh Fruit Crisp Fresh Fruit Farm Fresh Milk | Beef & Cheese Enchiladas Sour Cream & Salsa Spanish Rice Flavorful Corn Seasoned Black Beans w/ Cilantro Fresh Fruit Farm Fresh Milk |

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| Monday, Sept. 13 | Tues., Sept. 14 | Wed., Sept. 15 | Thurs., Sept. 16 | Friday, Sept. 17 |
|---|--|---|--|--|
| Philly Cheese Steak On a Bun Shaved steak, Cheese, Onions & Peppers French Fries Fresh Oven Baked Zucchini Sticks Wheat Dinner Roll Low-Fat Dessert Fresh Fruit Farm Fresh Milk | Homemade Goulash Beef, Red Sauce, Pasta Side Caesar Salad Homemade Garlic Bread Sticks Fresh Fruit Farm Fresh Milk | Italian Double Decker w/Ham, Pepperoni, Cheese & Marinara Dipping Sauce Carrot & Celery Sticks Chilled Fruit Cups Fresh Fruit Farm Fresh Milk | Fried Rice Meat, Rice, Eggs & Veggies Steamed Broccoli Mandarin Orange Cups Blueberry Muffins Fresh Fruit Farm Fresh Milk | Gourmet Stromboli Filled with Ham, Veggies or Pepperoni, Cheese in Rolled Pizza dough Garden Salad Low-Fat Dressings Jell-o w/Fruit Fresh Fruit Farm Fresh Milk |
| Monday, Sept. 20 | Tues., Sept. 21 | Wed., Sept. 22 | Thurs., Sept. 23 | Friday, Sept. 24 |
| Italian Style Meatball Sub Garden Salad Low-Fat Dressings Fresh Sliced Melon Fresh Fruit Farm Fresh Milk | Creamy Mac & Cheese Cornbread Squares Seasoned Green Beans Mixed Fruit Fresh Fruit Farm Fresh Milk | Harvest Luncheon Vermont Baked Potato Bar Seasoned Beef, Steamed Broccoli, Cabot Sour Cream, Fresh Chives, Homemade Cheese Sauce Local Greens dressed w/ Fresh Apples, Dried Cherries & maple Vinaigrette Hearty Oatmeal Bread Fresh Baked VT. Apples Farm Fresh Milk | Nachos Supreme Meat & Cheese Peppers, Tomatoes, Black Olives & Cabot Sour Cream Spanish Rice Mexican Salsa Low-Fat Dessert Fresh Fruit Farm Fresh Milk | Hot Turkey Sandwich w/Gravy Mashed Potato Garden Salad Low-Fat Dressings Chilled Fruit Cup Fresh Fruit Farm Fresh Milk |
| Monday, Sept. 27 | Tues., Sept. 28 | Wed., Sept. 29 | Thurs., Sept. 30 | |
| Oven Baked Breaded Chicken Wheat Dinner Roll Pasta Salad w/ Fresh Veggies Mouthwatering Corn Fresh Fruit Farm Fresh Milk | Pasta Bar Rotini or Spaghetti Meat Sauce or Homemade Cheese Sauce Fresh Veggie Sticks w/Dip Garlic Bread Sticks Fresh Fruit Farm Fresh Milk | Homemade Cheesy Bread Sticks Vegetable Soup Garden Salad Low-Fat Dressings Marinara Dipping Sauce Fresh Fruit Farm Fresh Milk | Ham & Cheese Double Decker Ham, Cheese & Dough Brown Rice Pilaf Garden Salad Low-Fat Dressings Low-fat Dessert Fresh Fruit Farm Fresh Milk | |

Available Daily Meal Options

Hoagieville Deli
 Zesty Pizza
 Garden Fresh Salad Bar
 Popular Express Lane
 Yogurt Parfait & String Cheese
 Vegetarian Options
OR
 Hot Entrée listed

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