

Mill River Union High School

November 2008

Monday

Tuesday

Wednesday

Thursday

Friday



Chefs Corner					
Try our daily alternatives offered everyday! Worlds Best Hoagville Deli Bar Zesty Italian Pizza Corner Garden Fresh Salad Bar Popular Express Lane Creamy Cabot Yogurt 					
Reduced Students qualify for FREE breakfast all year!					

www.abbeygroup.net
comments@abbeygroup.net

Local Corner

This month we have
Potatoes, Crackers
Zucchini, Summer Squash
Cucumbers & Yogurt

Please contact us if you have
local products
that we could add to our menu.

3	4	5	6	7
Hearty Homemade Soup Grilled Ham & Cheese Sandwich Westminster VT Saltine Crackers ♥Fresh Garden Tossed Salad ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Taco Bar w/ the Works! Lettuce, Tomato, Cheese Cabot Sour Cream, Salsa, Peppers ♥ Spanish Rice ♥Fresh Homemade Coleslaw ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Gourmet Stromboli Meat & Vegetable Fillings ♥Marinara Dipping Sauce ♥Crunchy Broccoli w/ Ranch Dip ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Hearty Breakfast for Lunch ♥Scrambled Eggs & Waffles ♥Baked Ham Or Sausage ♥Crisp Oven Baked Hash Brown ♥Homemade Healthy Crisp ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Homemade Spaghetti ♥Meat or Marinara Sauce ♥Fresh Garden Tossed Salad ♥Italian/Garlic Dunker Bread ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk

For Healthy Eating Tips
www.mypyramid.gov

10	11	12	13	14
No School	No School	Buffalo Style Chicken Wrap Blue Cheese and Buffalo Sauce ♥Crunchy Vegetable Sticks & Dip ♥Homemade Garden Pasta Salad ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	♥Chicken Lo Mien ♥Chicken, Seasonal Vegetables, ♥Ginger, Garlic, & Noodles ♥Chilled Fruit Cups ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Local Day Cheddar Potato Soup Westminster Crackers Grilled Cheese Sandwich ♥Local Country Salad ♥Maple Vinaigrette Local Featured Dessert ♥Farm Fresh Milk

Daily Breakfast Options

Mon., Egg and Cheese Muffins
 Tues., Ham & Cheese Bagels
 Wed., Combo Bars
 Thurs., Sausage Muffins
 Fri., Cinnamon Buns
 Cereal, Bagels, Muffins, Fruit,
 Milk and Juice offered daily

17	18	19	20	21
Crunchy Popcorn Chicken ♥Chef Made Mashed Potatoes w/ Homemade Gravy ♥California Blended Vegetables ♥Whole Wheat Dinner Roll ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	♥Build Your Own Taco Rice Wrap ♥Taco Meat, Rice, Salsa, Cheese, Assorted Garden Fresh Vegetable ♥Mexicalli Corn Bread ♥Cabot VT Sour Cream ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Pasta Bar w/ Cheese or Meat Sauce Rotini or Spaghetti ♥Garden Fresh Tossed Salad ♥Garlic Bread Sticks ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Thanksgiving Luncheon Roasted Turkey Dinner Served with Creamy Gravy ♥Mashed Potatoes, Peas ♥Stuffing, Cranberry Sauce and Homemade Dinner Roll Pumpkin Squares ♥Farm Fresh Milk	Homemade Shepherds Pie (Turkey, Corn, & Mashed Potato) ♥Crunchy Vegetable Sticks & Dip ♥Fiesta Corn Muffins ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk

Prices

Regular Priced Breakfast, \$1.25
 Reduced Priced Breakfast, \$.00
 Middle & High Regular Lunch, \$2.00
 Reduced Priced Lunch, \$.40
 Vermont Farm Fresh Milk, \$.50
 Assorted Juice Box, \$.50
 Adult Lunch Price, \$3.00

24	25	26	27	28
Chicken Fajitas ♥Brown Rice Pilaf ♥Mouth Watering Corn ♥Cabot VT Sour Cream ♥Homemade Healthy Dessert ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	Cheesy Bread Sticks ♥Italian Marinara Sauce ♥Cheddar Broccoli Soup ♥Fresh Garden Tossed Salad ♥Assorted Low Fat Dressings ♥Assorted Juice or ♥Fresh Fruit ♥Farm Fresh Milk	No School	No School	No School

You can pay your childs lunch account online. Visit this website and receive complete directions. <http://www.abbeygroup.net/lunchprepay/>