



Mt Abraham Middle/High School

OCTOBER 2020

MENU

Carol Roscoe, Manager
Pam Murray
Marie Bolduc
Mark Siminitus
Marilyn Haley
Jacqueline Malloy

MONDAY	TUESDAY	W	THURSDAY	FRIDAY
<p>ALL MEALS ARE FREE for ALL STUDENTS</p>	<p>*** FRUIT & MILK COMES with Every Meal ***</p>		<p>1 COHORT 2 Fan Favorite</p> <ul style="list-style-type: none"> • Big Daddy's Pepperoni Pizza -Garden Salad w/ Ranch <p>Signature Salad</p> <ul style="list-style-type: none"> • Chicken Caesar Salad with WG Roll <p><i>Very Veggie</i></p> <ul style="list-style-type: none"> • Cheese Pizza –Garden Salad w/ Ranch 	<p>2 COHORT 2 Fan Favorite</p> <ul style="list-style-type: none"> • Penne Pasta w/ Meatballs & Marinara Sauce, Roasted Carrots <p>Signature Burger</p> <ul style="list-style-type: none"> • Chicken Burger on WG Bun, Baked French Fries <p><i>Very Veggie</i></p> <ul style="list-style-type: none"> • Penne Pasta w/ Marinara, Cheese Sticks, Roasted Carrots
<p>5 COHORT 1 Fan Favorite</p> <ul style="list-style-type: none"> • Crispy Fried Chicken w/ WG Waffle, Roasted Red Wedges, Ketchup & Syrup <p>Signature Sandwich</p> <ul style="list-style-type: none"> • Italian Sub on WG Hoagie Raw Veggie Sticks w/ Dip <p>Very Veggie</p> <ul style="list-style-type: none"> • Egg Salad on a WG Croissant w/ Raw Veggie Sticks w/ Dip 	<p>6 COHORT 1 Fan Favorite</p> <ul style="list-style-type: none"> • Beef Taco Meal -Local Beef, WG Tortilla, Rice, Corn, Lettuce, Salsa <p>Signature Burger</p> <ul style="list-style-type: none"> • Chicken Burger on WG Bun, Garden Salad w/ Ranch <p>Very Veggie</p> <ul style="list-style-type: none"> • Bean Taco Meal – Beans, WG Tortilla, Rice, Corn, Lettuce, Salsa 	7	<p>8 COHORT 2 Fan Favorite</p> <ul style="list-style-type: none"> • Crispy Fried Chicken w/ WG Waffle, Roasted Red Wedges, Ketchup & Syrup <p>Signature Sandwich</p> <ul style="list-style-type: none"> • Italian Sub on WG Hoagie Raw Veggie Sticks w/ Dip <p>Very Veggie</p> <ul style="list-style-type: none"> • Egg Salad on a WG Croissant w/ Raw Veggie Sticks w/ Dip 	<p>9 COHORT 2 Fan Favorite</p> <ul style="list-style-type: none"> • Beef Taco Meal -Local Beef, WG Tortilla, Rice, Corn, Lettuce, Salsa <p>Signature Burger</p> <ul style="list-style-type: none"> • Chicken Burger on WG Bun, Garden Salad w/ Ranch <p>Very Veggie</p> <ul style="list-style-type: none"> • Bean Taco Meal – Beans, WG Tortilla, Rice, Corn, Lettuce, Salsa
<p>12 COHORT 1 Fan Favorite</p> <ul style="list-style-type: none"> • Big Daddy's Pepperoni Pizza – Garden Salad <p>Signature Sandwich</p> <ul style="list-style-type: none"> • Turkey Bacon & Cheddar Sandwich– Raw Veggies w/ Dip <p>Very Veggie</p> <ul style="list-style-type: none"> • Big Daddy's Cheese Pizza – Garden Salad 	<p>13 COHORT 1 Fan Favorite</p> <ul style="list-style-type: none"> • Chicken Tenders w/ WG Biscuit – Corn & Baked Beans <p>Signature Burger</p> <ul style="list-style-type: none"> • BBQ Pulled Pork on WG Bun, Corn & Baked Beans <p><i>Very Veggie</i></p> <ul style="list-style-type: none"> • Egg Salad on WG Croissant Raw Veggies w/ Dip 	14	<p>15 COHORT 2 Fan Favorite</p> <ul style="list-style-type: none"> • Big Daddy's Pepperoni Pizza – Garden Salad <p>Signature Sandwich</p> <ul style="list-style-type: none"> • Turkey Bacon & Cheddar Sandwich– Raw Veggies w/ Dip <p>Very Veggie</p> <ul style="list-style-type: none"> • Big Daddy's Cheese Pizza – Garden Salad 	<p>NO SCHOOL</p>
<p>19 COHORT 1 Fan Favorite</p> <ul style="list-style-type: none"> • WG French Toast Sticks w/ Sausage Links – Oven Roasted Potatoes <p>Signature Sandwich</p> <ul style="list-style-type: none"> • Ham & Cheddar on WG Croissant w/ Honey Mustard, Raw Veggies w/ Dip <p><i>Very Veggie</i></p> <ul style="list-style-type: none"> • WG French Toast Sticks w/ Hard Boiled Egg, Oven Roasted Potatoes 	<p>20 COHORT 1 Fan Favorite</p> <ul style="list-style-type: none"> • Yang's Chicken w/ Rice, Sauteed Garlic Ginger Green Beans <p>Signature Burger</p> <ul style="list-style-type: none"> • Cheeseburger on WW Roll, Baked French Fries <p><i>Very Veggie</i></p> <ul style="list-style-type: none"> • Yang's Tofu with Rice, Sauteed Garlic Ginger Green Beans 	21	<p>22 COHORT 2 Fan Favorite</p> <ul style="list-style-type: none"> • WG French Toast Sticks w/ Sausage Links – Oven Roasted Potatoes <p>Signature Sandwich</p> <ul style="list-style-type: none"> • Ham & Cheddar on WG Croissant w/ Honey Mustard, Raw Veggies w/ Dip <p><i>Very Veggie</i></p> <ul style="list-style-type: none"> • WG French Toast Sticks w/ Hard Boiled Egg & Oven Roasted Potatoes 	<p>23 COHORT 2 Fan Favorite</p> <ul style="list-style-type: none"> • Yang's Chicken w/ Rice, Sauteed Garlic Ginger Green Beans <p>Signature Burger</p> <ul style="list-style-type: none"> • Cheeseburger on WW Roll, Baked French Fries <p><i>Very Veggie</i></p> <ul style="list-style-type: none"> • Yang's Tofu with Rice, Sauteed Garlic Ginger Green Beans

<p>26 COHORT 1</p> <p>Fan Favorite</p> <ul style="list-style-type: none"> • Big Daddy's Pepperoni Pizza – Garden Salad <p>Signature Sandwich</p> <ul style="list-style-type: none"> • Philly Cheese Steak Sandwich– Coleslaw <p>Very Veggie</p> <ul style="list-style-type: none"> • Big Daddy's Cheese Pizza – Garden Salad 	<p>27 COHORT 1</p> <p>Fan Favorite</p> <ul style="list-style-type: none"> • Macaroni and Cheese Roasted Carrots <p>Signature Burger</p> <ul style="list-style-type: none"> • Turkey & Cheddar Sub with Lettuce on WG Bun, Veggies and Dip <p><i>Very Veggie</i></p> <ul style="list-style-type: none"> • Macaroni and Cheese Roasted Carrots 	<p>28</p>	<p>29 COHORT 2</p> <p>Fan Favorite</p> <ul style="list-style-type: none"> • Big Daddy's Pepperoni Pizza – Garden Salad <p>Signature Sandwich</p> <ul style="list-style-type: none"> • Philly Cheese Steak Sandwich– Coleslaw <p>Very Veggie</p> <ul style="list-style-type: none"> • Big Daddy's Cheese Pizza – Garden Salad 	<p>30 COHORT 2</p> <p>Fan Favorite</p> <ul style="list-style-type: none"> • Macaroni and Cheese Roasted Carrots <p>Signature Burger</p> <ul style="list-style-type: none"> • Turkey & Cheddar Sub with Lettuce on WG Bun, Veggies and Dip <p><i>Very Veggie</i></p> <ul style="list-style-type: none"> • Macaroni and Cheese Roasted Carrots
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This institution is an equal opportunity provider.