



Mt Abraham Middle/High School
January 2021
All meals are FREE for all students

Carol Roscoe, Manager
 Marie Bolduc
 Tricia Comeau
 Jacqueline Malloy
 Pam Murray
 Mark Siminitus

MONDAY	TUESDAY	W	THURSDAY	FRIDAY
4 COHORT 1 Fan Favorite <ul style="list-style-type: none"> Macaroni & Cheese Baked Beans, Green Beans Signature Sandwich <ul style="list-style-type: none"> Turkey, Bacon Wrap Tossed Salad Very Veggie <ul style="list-style-type: none"> Macaroni & Cheese Green Beans, Baked Beans 	5 COHORT 2 Fan Favorite <ul style="list-style-type: none"> Popcorn Chicken w/Sweet & Sour Sauce Rice, Broccoli Signature Salad <ul style="list-style-type: none"> Chicken Caesar Salad, Dinner Roll Very Veggie <ul style="list-style-type: none"> General Tso's Tofu w/rice & Pineapple 	6	7 COHORT 1 Fan Favorite <ul style="list-style-type: none"> Macaroni & Cheese Green Beans, WG Dinner Roll Signature Sandwich <ul style="list-style-type: none"> Turkey, Bacon Wrap Tossed Salad Very Veggie <ul style="list-style-type: none"> Macaroni & Cheese Green Beans, WG Dinner Roll 	8 COHORT 2 Fan Favorite <ul style="list-style-type: none"> Popcorn Chicken w/Sweet & Sour Sauce Rice, Broccoli, Signature Salad <ul style="list-style-type: none"> Chicken Caesar Salad, Dinner Roll Very Veggie <ul style="list-style-type: none"> General Tso's Tofu w/rice & Pineapple
11 COHORT 1 Fan Favorite <ul style="list-style-type: none"> Penne Pasta with Meatballs & Marinara, Peas & Carrots Italian Sub on WG Hoagie, Raw Veggie Sticks w/ Dip Very Veggie <ul style="list-style-type: none"> Cheese Ravioli w/Marinara 	12 COHORT 2 Fan Favorite <ul style="list-style-type: none"> Ground Beef Stroganoff, Penne Pasta, WG Dinner Roll, Corn Signature Burger <ul style="list-style-type: none"> Cheese Burger on WG Bun, Potato Wedges Very Veggie <ul style="list-style-type: none"> Veggie Burger on WG Bun, Potato Wedges 	13	14 COHORT 1 Fan Favorite <ul style="list-style-type: none"> Penne Pasta with Meatballs & Marinara, Peas & Carrots Italian Sub on WG Hoagie, Raw Veggie Sticks w/ Dip Very Veggie <ul style="list-style-type: none"> Cheese Ravioli w/Marinara 	15 COHORT 2 Fan Favorite <ul style="list-style-type: none"> Ground Beef Stroganoff, Penne Pasta, WG Dinner Roll, Corn Signature Burger <ul style="list-style-type: none"> Cheese Burger on WG Bun, Potato Wedges Very Veggie <ul style="list-style-type: none"> Veggie Burger on WG Bun, Potato Wedges
18 NO SCHOOL	19 NO SCHOOL	20	21 COHORT 1 Fan Favorite <ul style="list-style-type: none"> Cheese Ravioli w/Marinara, Green Peas Signature Sandwich <ul style="list-style-type: none"> Chicken Caesar Salad Wrap w/Broccoli Salad Very Veggie <ul style="list-style-type: none"> Cheese Ravioli w/Marinara, Green Peas 	22 COHORT 2 Fan Favorite <ul style="list-style-type: none"> Chicken Quesadilla, Spanish Rice, Corn Signature Sandwich <ul style="list-style-type: none"> Ham & Cheese Croissant, Coleslaw Very Veggie <ul style="list-style-type: none"> Cheese Quesadilla, Spanish Rice, Corn
25 COHORT 1 Fan Favorite <ul style="list-style-type: none"> Chicken Tenders w/BBQ Sauce, Biscuit, Coleslaw Baked Beans Signature Sandwich <ul style="list-style-type: none"> Ham & Cheese Croissant, Coleslaw Very Veggie <ul style="list-style-type: none"> BBQ Tofu Tenders WG Biscuit, Coleslaw 	26 COHORT 2 Fan Favorite <ul style="list-style-type: none"> Big Daddy's Pepperoni or Cheese Pizza Garden Salad Signature Sandwich <ul style="list-style-type: none"> Turkey Bacon & Cheddar Sandwich- Garden Salad Very Veggie <ul style="list-style-type: none"> Big Daddy's Cheese Pizza - Garden Salad 	27	28 COHORT 1 Fan Favorite <ul style="list-style-type: none"> Chicken Tenders w/BBQ Sauce, Biscuit, Coleslaw Baked Beans Signature Sandwich <ul style="list-style-type: none"> Ham & Cheese Croissant, Coleslaw Very Veggie <ul style="list-style-type: none"> BBQ Tofu Tenders WG Biscuit, Coleslaw 	29 COHORT 2 Fan Favorite <ul style="list-style-type: none"> Big Daddy's Pepperoni or Cheese Pizza Garden Salad Signature Sandwich <ul style="list-style-type: none"> Turkey Bacon & Cheddar Sandwich- Garden Salad Very Veggie <ul style="list-style-type: none"> Big Daddy's Cheese Pizza - Garden Salad

FRUIT and MILK COMES WITH EVERY MEAL

This institution is an equal opportunity provider.