



# Mill River Union HS

## December 2007

**Farm Fresh Focus**  
 This month we are  
**Featuring:**  
**Local Carrots & Parsnips**  
**School Tasting**  
**December 12**

**Downtown Deli**

Lean Meats, Cheeses and Daily choices of deli salads made to order on breads & rolls with fresh veggie toppings. Served with

**Market Fresh Salads**

Entrée Salads prepared fresh daily served with baked bread or pita and a milk.

**Three Cheese Salad offered daily.**  
 3-Dec- Crispy Chicken Salad  
 4-Dec- Antipasto Salad  
 5-Dec- Tuna Dill Salad  
 6-Dec- Buffalo Chicken Salad  
 7-Dec- Mandarin Chicken Salad  
 10-Dec- BCLT Salad  
 11-Dec- Chef Salad  
 12-Dec- Seafood Caesar Salad  
 13-Dec- Chicken Taco Salad  
 14-Dec- N'oleans Chicken Salad  
 17-Dec- Crispy Chicken Salad  
 18-Dec- Antipasto Salad  
 19-Dec- Tuna Dill Salad  
 20-Dec- Buffalo Chicken Salad  
 21-Dec- Mandarin Chicken



**Formaggio's Pizza**

Whole Wheat Pizza dough topped with Low-Fat Pizza Cheese. Served with two Nutritious Sides and a Milk

**Café Express**

Grab n Go Hot Sandwiches served with two nutritious sides and farm fresh milk

**Signature Café**

Featured Entrees served with fresh baked breads and rolls. Nutritious sides and farm fresh milk.

Monday 12/3/07	Tuesday 12/4/07	Wednesday 12/5/07	Thursday 12/6/2007	Friday 12/7/2007
<b>Mexican Monday</b> Build it Bar Chicken Fajitas Chopped Tomatoes Salsa / Sour Cream Spanish Rice Mexicali Corn Pineapple Tidbits	<b>Soup, Salad, &amp; Sandwich</b> Hearty Tomato Soup Cheese Quesadilla Heart Healthy Salad Low Fat Cookie	<b>A Taste of Italy</b> Chicken Alfredo served over Pasta Fresh Steamed Broccoli Garlic Bread Healthy Mixed Green Salad Warm Apple Crisp	<b>Shepard's Favorite</b> Hearty Homemade Shepard's Pie Warm Biscuit Green Beans Fresh Orange Smiles	<b>New England Fare</b> Roast Pork Roasted Red Potato Red Cabbage Slaw Dinner Roll Spiced Applesauce
<b>Monday 12/10/2007</b>	<b>Tuesday 12/11/2007</b>	<b>Wednesday 12/12/2007</b>	<b>Thursday 12/13/2007</b>	<b>Friday 12/14/2007</b>
<b>Iron City Flats Tossed to Order</b> Buffalo Chicken Caesar Salad Garlic Oven Fries Pita Fresh Grapes	<b>Nacho Grande Bar</b> Nachos with Beef, Cheese Sauce, Black Olives, Jalapenos, Chopped Tomatoes, Onions, Sour Cream Heart Healthy Green Salad Fresh Orange Smiles	<b>That's Italian</b> Tomato Chicken Bake Garlic Bread Healthy Crisp Caesar Salad Fresh Local Roasted Carrots & Parsnips Fruit Cup	<b>Rajun Cajun</b> Cajun Sausage/Turkey Jambalaya Louisiana Rice Homemade Corn Bread Southern Peaches	<b>Sea Captain's</b> Crispy Fish 'n Chips Homemade Cole Slaw Dinner Roll Spiced Applesauce
<b>Monday 12/17/2007</b>	<b>Tuesday 12/18/2007</b>	<b>Wednesday 12/19/07</b>	<b>Thursday 12/20/2007</b>	<b>Friday 12/21/2007</b>
<b>Stir Fry Station</b> Spicy Chicken Stir Fry Tokyo Rice Garlicky Green Beans Fortune Cookie Pineapple Tidbits	<b>Tis The Season To Be Jolly</b> Santa's Special Dish Mistletoe Meatloaf Ho Ho Ho Potatoes Sleigh Bell Salad Holly Jolly Red Jell-o w/ topping	<b>It's a Pastability Day</b> Homemade Cheese & Veggie Lasagna Garlic Bread Heart Healthy Garden Salad Warm Apple Crisp	<b>Holiday Luncheon</b> Roast Turkey w/ Cranberry Herb Stuffing Sauce Supreme Garlic Mashed Potatoes Maple Glazed Carrots & Parsnips Fresh Warm Rolls Sweet Potato Pie w/ topping	<b>First Day of Winter</b> Beef Taco Boat Chopped Tomatoes Diced Onions Shredded Cheese & Lettuce Sweet Corn Salsa / Sour Cream Pineapple Tidbits
<b>Monday 12/24/2007</b>	<b>Tuesday 12/25/2007</b>	<b>Wednesday 12/26/07</b>	<b>Thursday 12/27/2007</b>	<b>Friday 12/28/2007</b>
<b>Holiday Break</b>	<b>Holiday Break</b>	<b>Holiday Break</b>	<b>Holiday Break</b>	<b>Holiday Break</b>
<b>Monday 12/31/2007</b>				
<b>Holiday Break</b>	<b>Happy New Year!</b>			In accordance with Federal law and U.S. Dept. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

Any questions or comments,  
 Please contact your Food Service Director

**CAFESERVICES™**  
 Food. Service. People.™

Café Services is a Proud Sponsor of the Farm to School Project. We Buy Local First

Farm Fresh Milk is served with every meal  
 Fresh Fruit & Bread offered daily



**Seasons Greetings**