



MILL RIVER UNION HS

January 2008

Farm Fresh Focus

This month we are

Featuring:

Local Potatoes

School Tasting

January 10

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.

2-Jan- Chicken Caesar Salad

3-Jan- Chef Salad

4-Jan- Buffalo Chicken Salad

7-Jan-BCLT Salad

8-Jan-Tuna Salad on Greens

9-Jan-Antipasto Salad

10-Jan-N'Oleans Chicken Salad

11-Jan-Turkey Club Salad

15-Jan- Crispy Chicken Caesar

16-Jan-Seafood Salad on Greens

17-Jan-BCLT Salad

18-Jan-Chef Salad

21-Jan-Martin Luther King Jr. Day

22-Jan-Antipasto Salad

23-Jan-Mandarin Chicken Salad

24-Jan-Turkey Club Salad

25-Jan- N'Oleans Chicken Salad

28-Jan-Tuna Salad on Greens

29-Jan-Chicken Caesar Salad

30-Jan-Chef Salad

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, with rotating Daily Feature served with two nutritious sides and milk

Signature Café

Featured Entrees served with fresh baked breads and rolls.

	Tuesday 1/1/2008	Wednesday 1/2/2008	Thursday 1/3/2008	Friday 1/4/2008
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.		A Taste of Italy Spaghetti with Homemade Meat Sauce Healthy Green Salad Warm Garlic Bread Fresh Grape Clusters	Made to Order Hot Open Faced Turkey Sandwich Sweet Green Peas Cranberry Sauce Jell-O	Carved to Order Herb Roasted Pork Oven Fries Maple Glazed Carrots Warm Cinnamon Applesauce
Monday 1/7/2008	Tuesday 1/8/2008	Wednesday 1/9/2008	Thursday 1/10/2008	Friday 1/11/2008
Mexican Monday Twin Tacos w/all the fixings Fiesta Rice Mexicali Corn Apple Churro	The King's Birthday (Elvis) Wok 'n Roll Stir Fry Chicken Sesame Noodles Veggie Egg Roll Fresh Fruit	Mamma Mia! Baked Lasagna in a Homemade Meat Sauce Garlic Bread Crisp Caesar Salad Strawberry Shortcake	Kansas City BBQ BBQ Pulled Pork On a Bun Roasted Local Potatoes Cabbage Patch Slaw Fruit Cocktail	Winter Fare Homemade Chicken Pot Pie w/ veggies and Winter Veggie Sticks Warm Biscuit Low Fat Sunshine Brownie
Monday 1/14/2008	Tuesday 1/15/2008	Wednesday 1/16/08	Thursday 1/17/2008	Friday 1/18/2008
South of the Border Mucho Big Local Baked Potato w/ Mexican Chili, Shredded Cheese, Sour Cream Sweet Corn Sliced Pears	Winter Warmth Hearty Tomato Cheddar Soup Grilled Ham & Cheese Sandwich Crisp Caesar Salad Warm Peach Crisp	That's Italian Chicken Parmesan Spaghetti w/ marinara Garlic Toast Heart Healthy Green Salad Fresh Orange Smiles	Wok 'n Noodle Spicy Beef Stir Fry Sesame Noodles Fresh Veggie Sauté Fortune Cookie Pineapple Chunks	Little Italy Chicken Piccata Garlic Mashed Crisp Caesar Salad Italian Garlic Bread Fruit Medley
Monday 1/21/2008	Tuesday 1/22/2008	Wednesday 1/23/08	Thursday 1/24/2008	Friday 1/25/2008
Martin Luther King Jr. (1929-1968) No School	Half Way Thru-BBQ! BBQ Chicken Chunks Baked Beans Jalapeno Cheddar Sandwich Corn Bread Reduced fat Cookie	Prince of Pasta Rotini w Italian Meatballs & Sauce Warm Garlic Bread Tossed Healthy Greens Fresh Fruit Salad	Southern Hospitality Oven Fried Chicken Mashed Potatoes Gravy Sweet Green Peas Dinner Roll Georgia Peaches	Fiesta-Ole' Chicken Fajitas Fiesta Rice Mexicali Corn Chocolate Cake
Monday 1/28/2008	Tuesday 1/29/2008	Wednesday 1/30/08	Thursday 1/31/2008	
No School In Service Day	Build It Bar Super Nachos Grande w/ chopped tomatoes, Cheese, sour cream Spanish Rice Firecracker Corn Fresh Fruit	It's a Pastability Homemade Piping Hot Macaroni & Cheese Garlic Bread Heart Healthy Salad Carrot Cake	New Englander Homemade Shepard's Pie Warm Dinner Roll Green Beans Fruit Cobbler	

Café Services is a Proud Sponsor of the Farm to School Project. We Buy Local First
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Any questions or comments, Please contact your Food Service Director Steve Hall @ 775-3451 Ext 267

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