



# Mill River High School

## June 2007

				Friday 6/1/07	Weekly Nutritional Avg.												
<p>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.</p>				<b>Tossed to Order</b> Chicken Caesar Salad Bread Sticks Veggie Sticks w/ Dip Pudding Parfait	<table border="0"> <tr> <td></td> <td>Target</td> <td>Average</td> </tr> <tr> <td>Avg. Calories</td> <td>825 &lt;</td> <td>827</td> </tr> <tr> <td>Avg. Sat. Fat</td> <td>10% &gt;</td> <td>9.70%</td> </tr> <tr> <td>Avg. Total Fat</td> <td>30% &gt;</td> <td>26.50%</td> </tr> </table>		Target	Average	Avg. Calories	825 <	827	Avg. Sat. Fat	10% >	9.70%	Avg. Total Fat	30% >	26.50%
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Monday 6/4/07	Tuesday 6/5/07	Wednesday 6/6/07	Thursday 6/7/07	Friday 6/8/07	Weekly Nutritional Avg.												
Meat Lasagna Garlic Bread Tossed Salad Mixed Vegetables Chocolate Chip Cookie	Oven Fried Chicken Mashed Potatoes Buttered Carrots Warm Roll Pears	BBQ Pork Sandwich Sweet Peas Fruit Bar	Macaroni & Cheese Baked Ham Cut Green Beans Tossed Salad Applesauce Cake	<b>Last Day of School</b> Meatball Sub Oven Wedges Vegetable Sticks Pineapple Chunks	<table border="0"> <tr> <td></td> <td>Target</td> <td>Average</td> </tr> <tr> <td>Avg. Calories</td> <td>825 &lt;</td> <td>820</td> </tr> <tr> <td>Avg. Sat. Fat</td> <td>10% &gt;</td> <td>7.70%</td> </tr> <tr> <td>Avg. Total Fat</td> <td>30% &gt;</td> <td>25.80%</td> </tr> </table>		Target	Average	Avg. Calories	825 <	820	Avg. Sat. Fat	10% >	7.70%	Avg. Total Fat	30% >	25.80%
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Signature Café

Café Express

Downtown Deli

Formaggio's Pizza

Market Fresh Salads

Milk is served with every meal  
 Any questions or comments,  
 Please contact your Michelle Werle  
 @ 802-775-3451 x 267

Café Services, Inc.

