

# Mill River Union High School

## November 2007

**Farm Fresh Focus**  
 This month we are  
**Featuring:**  
**Fresh Butternut**  
**School Tasting**  
**November 8th**

**Downtown Deli**

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

**Market Fresh Salads**

Entrée Salads prepared fresh daily served with baked bread or pita and a milk. **Three Cheese Salad offered daily.**

- 1-Nov- Crispy Chicken Salad
- 2-Nov- Antipasto Salad
- 5-Nov- Tuna Dill Salad
- 6-Nov- Buffalo Chicken Salad
- 7-Nov- Mandarin Chicken Salad
- 8-Nov- BCLT Salad
- 9-Nov- Chef Salad
- 13-Nov- Seafood Caesar Salad
- 14-Nov- Chicken Taco Salad
- 15-Nov- Crispy Chicken Salad
- 16-Nov- Antipasto Salad
- 19-Nov- Tuna Dill Salad
- 20-Nov- Buffalo Chicken
- 26-Nov- Mandarin Chicken Salad
- 27-Nov- BCLT Salad
- 28-Nov- Chef Salad
- 29-Nov- Seafood Caesar Salad
- 30-Nov- Chicken Taco Salad

**Formaggio's Pizza**

Whole Wheat Pizza dough topped with Low-Fat Pizza Cheese. Served with two sides & farm fresh milk

**Café Express**

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

**Signature Café**

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

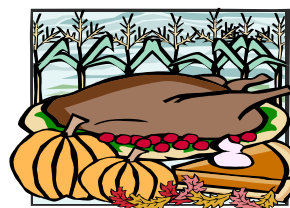
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			Thursday 11/1/2007	Friday 11/2/2007
			<b>Brunch for Lunch</b> French Toast Sticks Scrambled Egg Seasoned Home Fries Diced Peaches	<b>Iron City Flats</b> Spicy Beef & Bean Burrito Fiesta Rice Pilaf Fresh Local Apple
<b>Monday 11/5/2007</b>	<b>Tuesday 11/6/2007</b>	<b>Wednesday 11/7/2007</b>	<b>Thursday 11/8/2007</b>	<b>Friday 11/9/2007</b>
<b>Iron City Flats</b> Pesto Chicken Scaloppini Confetti Rice Sautéed Zucchini & Yellow Squash Fresh Orange Wedges	<b>Northern Comfort</b> Homemade Meatloaf Country Mashed Potatoes Sweet Green Peas Warm Dinner Roll Blueberry Cobbler	<b>A Taste of Italy</b> Chicken Parmesan Spaghetti w/ Homemade Marinara Garlic Bread Eggplant Parmigiana Fresh Fruit Cup	<b>Farm Fresh Focus</b> Chicken Fajita Spanish Rice Local Butternut Squash Jell-o	<b>Kansas City BBQ</b> Pulled BBQ Pork Sandwich Oven Fries Kansas City Cole Slaw Fresh Melon Slices
<b>Monday 11/12/2007</b>	<b>Tuesday 11/13/2007</b>	<b>Wednesday 11/14/07</b>	<b>Thursday 11/15/2007</b>	<b>Friday 11/16/2007</b>
<b>NO SCHOOL VETERAN'S DAY</b>	<b>Ruby Tuesday</b> Homemade Baked Macaroni & Cheese Garlic Bread Garden Salad Strawberry or Cherry Shortcake w/topping	<b>Thanksgiving Feast</b> Roast Turkey Dinner Herb Stuffing & Gravy Mashed Potatoes Cranberry Sauce Local Butternut Squash Baked rolls Pumpkin Bar	<b>Stir Fry Day</b> Spicy Chicken Stir Fry Fried Rice Asian Vegetables Pineapple Fortune Cookie	<b>That's Italian</b> Homemade Lasagna w/ meat sauce Garlic Bread Caesar Salad Fresh Fruit Salad
<b>Monday 11/19/2007</b>	<b>Tuesday 11/20/2007</b>	<b>Wednesday 11/21/07</b>	<b>Thursday 11/22/2007</b>	<b>Friday 11/23/2007</b>
<b>Mexican Monday</b> Twin Taco Bar With the Works Firecracker Rice Sweet Corn Fresh Orange Wedges	<b>Thai Tuesday</b> General Tso's Chicken Spicy Noodles Asian Stir Fry Veggies Fortune Cookie Pineapple Tidbits	<b>Pilgrims Land 1620</b>  <b>No School</b>	<b>Happy Thanksgiving</b>  <b>No School</b>	<b>No School</b>
<b>Monday 11/26/2007</b>	<b>Tuesday 11/27/2007</b>	<b>Wednesday 11/28/07</b>	<b>Thursday 11/29/2007</b>	<b>Friday 11/30/2007</b>
<b>Touch of Southwest</b> Turkey Quesadilla Cheddar Mashed Potato Roasted Corn Salsa Fresh Orange Wedge	<b>Down Home</b> Spicy Goulash Seasoned Potato Wedges Broccoli Tops w/Dip Sliced Melon	<b>Premium Boneless Chicken Stroganoff</b> Served over Pasta Garlic Bread Caesar Salad Apple Crisp	<b>New England</b> Chicken Pot Pie w/Biscuit Top Country Mashed Potato Sweet Green Peas Spiced Applesauce	<b>Mark Twain Born 1835</b> Crispy Fish n' Chips Jalapeno Corn Bread Southern Slaw Mississippi Mud Pie

Milk is served with every meal  
 Fresh Fruit and Bread Offered Daily  
 PB & Jelly offered Daily

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

Any questions or comments,  
 Please contact your Food Service  
 Director Steve Hall  
 @ 802-775-3451 x267



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