

Farm Fresh Focus

This month We are Featuring :
Local VT Apples
 School tasting October 10th

Mill River High School



October 2007



World Food Week
 Oct 1st– Oct 5th

Downtown Deli

Monday 10/1/07	Tuesday 10/2/07	Wednesday 10/3/07	Thursday 10/4/07	Friday 10/5/07
Mexican Monday Twin Taco Bar w/ all the fixings Firecracker Rice Mexicali Corn Apple Churro	Thai Tuesday General Tso Chicken Served over Lo Mein Local Veggie Stir Fry Pineapple Chunks	Taste of Italy Chicken Parmesan Spaghetti w/ Sauce Garlic Bread Italian Eggplant Fresh Fruit Salad	Crazy Caribbean Calypso Ginger Lime Pork Roast Baked Sweet Potatoes Tropical Green Salad Down Island Bread Pudding	New England Sea Coast Crispy Fish n' Chips Onion Rings Dinner Roll Coleslaw Red Jell-o w/fruit
Monday 10/8/07	Tuesday 10/9/07	Wed 10/10/07	Thursday 10/11/07	Friday 10/12/07
Tossed To Order Grilled Chicken Caesar Salad Pita Bread Veggie Sticks Fresh Orange Wedges	Carved to Order Honey Baked Ham Mashed Potatoes w/Gravy Fresh Green Beans Warm Dinner Roll Apple Crisp	Luigi's Pasta Bar Pasta w/ Alfredo Sauce or Marinara Homemade Meatballs Crisp Garden Salad Garlic Bread Chocolate Cake	Kansas City BBQ Pulled BBQ Pork Sandwich Garlic Oven Fries Kansas City Coleslaw Applesauce	Viva la France Boneless Breast of Chicken Francese Seasoned Rice Green Beans French Bread Fruit Yogurt Parfait
Monday 10/15/07	Tuesday 10/16/07	Wed 10/17/07	Thursday 10/18/07	Friday 10/19/07
All American BBQ Chicken Pasta Salad Green Salad Garlic Bread Watermelon Wedges	Tailgate Tuesday Super Sub Bar w/ the works Garlic Potatoes Broccoli Salad Chocolate Cookie	No School	No School	No School
Monday 10/22/07	Tuesday 10/23/07	Wed 10/24/07	Thursday 10/25/07	Friday 10/26/07
Nachos Grande Bar Nachos served with Toppings of Chili, cheese sauce, Chopped tomatoes Black Olives, Jalapeno Fiesta Rice Cinnamon Churro	World Series Kick Off Foot long Fenway Frank in a bun w/the works! Boston Baked Beans Toss it Home Salad Green Monster Cake	Farm Fresh Focus Baked Macaroni & Grafton Cheddar Sautéed Local Veggies Grafton Cheddar Corn Bread Fresh Local Apple	All American Homemade Chicken Pot Pie Sweet Peas & Carrots Homemade Biscuit Tossed Salad Chilled Fruit	New England Seacoast Baked Fish Scandia Rice Pilaf Onion Rings Coleslaw Indian Pudding
Monday 10/29/07	Tuesday 10/30/07	Wed 10/31/07		
Grilled to Order Steak & Cheese Sub Grilled Onions & Peppers Steak Fries Fruit Medley	Autumn Apple Festival Roast Turkey w/ Apple Stuffing Mashed Potatoes Gravy Local Acorn Squash Warm Apple Crisp	Halloween The Mummy Wrap Boneless Chicken Wrap w/ melted cheese Stake Fries Screaming Beans Chocolate Spiders	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.	Farm Fresh Milk Served with every Meal Fresh Fruit and Bread Offered Daily

Lean meats, Cheeses and daily choices of deli Salads made to order on breads and 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 milk.

- 1-Oct-Crispy Chicken Caesar Salad
- 2-Oct -Antipasto Salad
- 3-Oct -Tuna Salad on Greens
- 4-Oct -Greek Salad
- 5-Oct Buffalo Chicken Salad
- 8-Oct California Cobb
- 9-Oct Mandarin Chicken Salad
- 10-Oct Buffalo Chicken Salad
- 11-Oct BLTC Salad
- 12-Oct Chicken Salad on greens
- 15- Oct Chicken Caesar Salad
- 16- Oct Chef Salad
- 17-Oct- Turkey Club Salad
- 18-Oct - Ham & Turkey Chef Salad
- 19--Oct -Seafood Caesar Salad
- 22 Oct—BLTC Salad
- 23 Oct—Crispy Chicken Caesar
- 24-Oct -Chef Salad
- 25-Oct - California Cobb Salad
- 26- Oct Chicken Taco Salad
- 29 - Oct- Mandarin Chicken Salad
- 30 - Oct Spinach Salad
- 31- Oct - Greek Salad

Three cheese salad choice offered daily

Formaggio's Pizza

Whole Wheat Pizza dough topped with Low-Fat Pizza Cheese. Pepperoni, Cheese and special Pizza offered daily. Served with two Nutritious sides and milk.

Café Express

Grab and go hot sandwiches served with two nutritious sides and milk.

Signature Café

Featured Entrees served with Baked Breads or Rolls, Nutritious sides and milk .



Any Questions or Comments Please
 Contact Your Food Service Director
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