

Back-to-School



Mill River High School September 2007

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.

4-Sept- Chef Salad
5-Sept- Mandarin Chicken Salad
6-Sept- Buffalo Chicken Salad
7-Sept- Antipasto Salad
10-Sept- Dill Tuna Salad
11-Sept- Roasted Vegetable Salad
12-Sept- BCLT Salad
13-Sept- Greek Salad
14-Sept- California Cobb Salad
17-Sept- Chicken Caesar Salad
18-Sept- Walnut Chicken Salad
19-Sept- Chef Salad
20-Sept- Mandarin Chicken Salad
21-Sept- Buffalo Chicken Caesar
24-Sept- Chicken Chow Mein Salad
25-Sept- Turkey Club Salad
26-Sept- Dill Tuna Salad
27-Sept- Seafood Salad
28-Sept- Roasted Vegetable Salad
Three Cheese Salad offered daily.

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 milk

Signature Café

Featured Entrees served with fresh baked breads and rolls, two nutritious sides and milk.

Monday 9/3/2007	Tuesday 9/4/2007	Wednesday 9/5/2007	Thursday 9/6/2007	Friday 9/7/2007
<i>Offered Daily: Peanut Butter & Jelly Grafton Cheddar and Local Sliced Apple Sandwich</i>				<i>Homemade Soup Bar Offered Daily Served with crackers</i>
Labor Day No School	Welcome Back Kansas City BBQ Pulled Pork Sandwich Garlic Mashed Creamy Coleslaw Applesauce	Sautéed to Order General Tso's Chicken Stir Fried Local Squash Fried Rice Hawaiian Pineapple Chunks	Creamy Homemade Macaroni & Cheese Mixed Vegetables Warm Roll Diced Washington Pears	Tossed to Order Spicy Chicken Caesar Salad Dinner Roll Fresh Vermont Apple
Monday 9/10/2007	Tuesday 9/11/2007	Wednesday 9/12/07	Thursday 9/13/2007	Friday 9/14/2007
BBQ Chicken Homemade Potato Salad Tossed Salad Garlic Rolls Sliced Peaches	Iron City Flats Mexican Bar Twin Beef Tacos Firecracker Rice Sweet Corn Pineapple Tidbits	Chicken Parmesan Over Pasta Green Salad Garlic Bread Jell-o w/ Topping	Carved To Order Honey Baked Ham Au Gratin Potatoes Fresh Local Butternut Squash Dinner Roll Apple Crisp	Made to Order Hot Turkey Sandwich w/gravy Mashed Potatoes Sweet Peas Cranberry Sauce Chocolate Pudding
Monday 9/17/2007	Tuesday 9/18/2007	Wednesday 9/19/07	Thursday 9/20/2007	Friday 9/21/2007
Build it Bar Twin Hot Dogs w/ Bun Chile & Cheese Sauce Creamy Cole Slaw Macintosh Apple	Iron City Flats Mexican Tacos Spanish Rice Seasoned Corn Cinnamon Apple Churro	Luigi's Pasta Bar Featuring Alfredo and Marinara Sauces Homemade Meatballs Garden Salad Garlic Bread Strawberry Shortcake	Boneless Breast of Chicken Francese w/ sauce supreme Garlic Mashed Dinner Roll Steamed Broccoli Diced Pears	Sautéed to Order Sweet & Sour Pork Fried Rice Stir Fried Local Squash Apple Spice Cake
Monday 9/24/2007	Tuesday 9/25/2007	Wednesday 9/26/07	Thursday 9/27/2007	Friday 9/28/2007
Crispy Oven Fried Chicken Creamy Mashed Potatoes Carrot Coins Mixed Fruit Medley	Homemade Meatloaf w/ Gravy Oven Roasted Potatoes Sweet Peas Vermont Pumpkin Squares	Spaghetti & Meat Sauce Crisp Tossed Salad Garlic Bread Sliced Peaches	Made to Order Steak & Cheese Sub Creamy Mashed Potatoes Cut Green Beans Fruit Pan Dowdy	Iron City Flats Mexican Bar Chicken & Cheese Fajitas Red Beans & Rice Sweet Corn Apple Churro

Watch for our Football Kick Off and Halloween Specials in October!

Café Services, Inc.

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



**Fresh Fruit &
Bread Offered
Daily**

**Milk is served with every meal
Any questions or comments,
Please contact Steve Hall
@ 802.463.3944 x232**

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.

