



Central Elementary March 2010

Farm Fresh Focus
This month we are featuring Turnips & Green Cabbage School Tasting March 17th

Monday 3/1/10	Tuesday 3/2/10	Wednesday 3/3/10	Thursday 3/4/10	Friday 3/5/10
The Chicken Coop Chicken Nuggets Dipping Sauce Rice Pilaf Wheat Roll Green Beans Fruit Cocktail	Tijuana Tuesday Beef Tacos Spanish Rice Mexicali Corn Apple Sauce	Tour of Sicily Chicken and Broccoli Pasta Alfredo Garlic Bread Crisp Caesar Salad Pears	Carved To Order Herb Roast Pork Mashed Potatoes Maple Glazed Carrots Fresh Baked Roll Warm Apple Crisp	Fresh Picks Pizza Cheese Pizza Or Chef's Topping Side Salad Mac Apple
Monday 3/8/10	Tuesday 3/9/10	Wednesday 3/10/10	Thursday 3/11/10	Friday 3/12/10
Yankee Peddler Baked Shepherd's Pie Warm Dinner Roll Green Beans Fruit Cocktail	Brunch For Lunch French Toast Sticks Syrup Sausage Links Hash Browns Strawberry Cup	The Impastable Dream Home Made Baked Mac and Cheese Garlic Bread Fresh Green Salad Peach Cup	New England Homemade Chicken Pot Pie w/Peas & Carrots Warm Biscuit Mashed Potatoes Pears	Fresh Picks Pizza Cheese Pizza Or Chef's Topping Veggie Sticks /Dip Raisins
Monday 3/15/10	Tuesday 3/16/10	Wednesday 3/17/10	Thursday 3/18/10	Friday 3/19/10
The Big Cheese Baked Mozzarella Cheese Sticks Marinara Dipping Sauce Oodles of Noodles Seasoned Carrots Fresh Mac Apple	Southern Hospitality Oven Fried Chicken Smashed Potatoes Warm Corn Bread Green Peas Sweet Georgia Peaches	<i>Happy St. Patrick's Day!</i> Ham Dinner Baked Ham Parshied Potatoes Mashed Turnip Green Cabbage Dinner Roll Leprechaun Lime Jell-o w/ Topping	Fiesta Ole` Chicken Fajitas Seasoned Rice Sweet Corn Pineapple Chunks	Fresh Picks Pizza Cheese Pizza Or Chef's Topping Side Salad Mac Apple
Monday 3/22/10	Tuesday 3/23/10	Wednesday 3/24/10	Thursday 3/25/10	Friday 3/26/10
Chester Cheese Burger Cheese Burger on a Bun Tater Tots Carrot Coins Apple Sauce	Northern Comfort Hot Open Face Turkey Sandwich Stuffing, Gravy Sweet Peas Cranberry Sauce Pears	That's Italian Spaghetti and Meatballs Garlic Bread Caesar Salad Blueberry Crisp	BBQ Bonanza BBQ Riblet On A Bun Roasted Garlic Potatoes BBQ Baked Beans Jamboree Jell-o	Fresh Picks Pizza Cheese Pizza Or Chef's Topping Carrot Sticks Raisins
Monday 3/29/10	Tuesday 3/30/10	Wednesday 3/31/10		
Super Nacho Bar Nachos Grande w/ Chili, Cheese Sauce Salsa Garden Salad Fresh Mac Apple	Chicken Mania Chicken Parmesan Italian Roasted Potatoes Wedges Wheat Dinner Roll Green Beans Peaches	Mamma Mia Baked Ziti with Homemade Meat Sauce Garlic Roll Heart Healthy Salad Fruit Pandowdy	March is National Nutrition Month Eat Smart, Think Smart! 	In accordance with Federal law and U.S. Dept. of Agriculture policy, this establishment is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.



Fresh made Deli Sandwiches served with two Nutritious Sides and Farm Fresh Milk.

Monday:
Ham & Cheese
Tuesday:
Deli Turkey
Wednesday:
Egg Salad
Thursday:
Tuna Boat
Friday:
Fruit & Yogurt Parfait



Specialty Entrée Salad is offered daily as well as Three Cheese Salad with Fresh Baked Bread or Greek Pita and Farm Fresh Milk.

Mon-Chicken Caesar
Tues-Ham & Cheese
Chef
Wed-Ranch Chicken
Thurs-BCLT
Fri-Buffalo Chicken Salad



Café Services is a Proud Sponsor of the VT Farm to School Project. We Buy Local First These are just some of the farm partners we would like to thank: The Walker Farm, Lilac Ridge Farm, Saxton River Orchard, The Dutton Farm, The Miller Farm, Green Mountain Orchards, Cabot, Grafton Village Cheese

Any Questions or Comments, Please contact your Food Service Director
John D Ayer
at 802-463-3944 x 232

