



Central School February 2010



**Farm Fresh
Focus**
This month we are
Featuring:
Onions
School Tasting
2/25/10

Monday 2/1/10	Tuesday 2/2/10	Wednesday 2/3/10	Thursday 2/4/10	Friday 2/5/10
Tailgaters Special Super Bowl Cheeseburger on a Bun Roasted Potato Wedges Carrot Sticks w/ Dip Fresh Mac Apple	Chinese New Year Celebration! Chicken Nuggets w/ Dipping Sauce Seasoned Rice Mixed Vegetables Pineapple Chunks	That's Italian Baked Stuffed Rigatoni w/ Meat Sauce Garlic Bread Caesar Salad Sliced Peaches	New England Favorite Homemade Chicken Pot Pie w/ Peas & Carrots Mashed Potatoes Fruit Cocktail	Fresh Picks Pizza Cheese Pizza Or Chef's Topping Side Salad Orange Smiles
Monday 2/8/10	Tuesday 2/9/10	Wednesday 2/10/10	Thursday 2/11/10	Friday 2/12/10
Mexican Monday Beef Tacos Spanish Rice Mexicali Corn Fresh Orange Smiles	Brunch For Lunch! French Toast Sticks w/ Syrup Ham Steak Hash Browns Strawberry Cup	Pasta Pasta Piping Hot Homemade Macaroni & Cheese Garlic Bread Sweet Peas Blueberry Crisp	Valentine's Lunch Chicken Tenders Dipping Sauce Romantic Rice Cupid's Carrot Spears Sweetheart Red Jell-o w/ Fruit	Fresh Picks Pizza Cheese Pizza Or Chef's Topping Veggie Sticks /Dip Raisins
Monday 2/15/10	Tuesday 2/16/10	Wednesday 2/17/10	Thursday 2/18/10	Friday 2/19/10
Vacation	Vacation	Vacation	Vacation	Vacation
Monday 2/22/10	Tuesday 2/23/10	Wednesday 2/24/10	Thursday 2/25/10	Friday 2/26/10
President's Lunch All American Sheppard's Pie Wheat Dinner Roll Green Beans Red White & Blue Fruit Cup	Mardi Gras Carnival Fat Tuesday! Chicken Fingers w/ Dipping Sauce Louisiana Rice Bayou Sweet Corn Georgia Peaches	Tossed To Order Cheese Tortellini w/ Meat Sauce Garlic Bread Crisp Garden Salad Fruit Cocktail	Hot Diggity Dog! Hot Dog in a Bun w/ Choices of Ketchup, Mustard, Relish, Local Chopped Onions Oven Fries Baby Carrots Pears	Fresh Picks Pizza Cheese Pizza Or Chef's Topping Side Salad Orange Smiles
				In accordance with Federal law and U.S. Dept. of Agriculture policy, this establish- ment 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 and 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 802-463-3944 x 232**

