



# Saxtons River Elementary September 2010

A Division of Café Services

**Farm Fresh Focus**  
This month we are Featuring  
**Local Sweet Corn**  
**School Tasting**  
**Sept 2nd**  
Farm Fresh Milk Is Served With  
All Meals

Monday 8/30/10	Tuesday 8/31/10	Wednesday 9/1/10	Thursday 9/2/10	Friday 9/3/10
	Fiesta Ole` Chicken Fajitas w/ Sautéed Local Onions and Green Peppers Salsa Fiesta Rice Mexicali Corn Fresh Assorted Fruit	That's Italian Spaghetti Homemade Meat Sauce Garlic Bread Caesar Salad Orange Wedges	<b>Farmhouse Delight</b> Roasted Chicken Country Mashed Potatoes Local Corn on the Cob Warm Baked Roll Blueberry Cup 	<b>Fresh Picks Pizza</b> Cheese Pizza or Chef's Veggie Pizza Broccoli Tops w/ Ranch Fresh Mac Apple
<b>Monday 9/6/10</b>	<b>Tuesday 9/7/10</b>	<b>Wednesday 9/8/10</b>	<b>Thursday 9/9/10</b>	<b>Friday 9/10/10</b>
<b>Labor Day No School</b>	Sub Station Chicken Parmesan Sub Spicy Italian Potato Chunks Veggie Sticks w/Dip Peaches	The Impastable Dream Piping Hot Homemade Macaroni & Cheese Parmesan Roll Heart Healthy Salad Fresh Mac Apple	Yankee Peddler Turkey Pot Pie w/ Peas & Carrots Biscuit Mashed Potatoes Pineapple Coleslaw Orange Smiles	<b>Fresh Picks Pizza</b> Cheese Pizza Or Chef's Veggie Pizza Garden Salad Raisins
<b>Monday 9/13/10</b>	<b>Tuesday 9/14/10</b>	<b>Wednesday 9/15/10</b>	<b>Thursday 9/16/10</b>	<b>Friday 9/17/10</b>
New Englander Homemade Shepherd's Pie Wheat Parmesan Roll Green Beans Fresh Orange Segments	The Chicken Coop Chicken Tenders w/ BBQ Sauce Steamed Rice Honey Wheat Roll Baby Carrots Fruit Salad	<b>Italian Street Fest</b> Luigi's Pasta Bar Spaghetti w/ Homemade Meat Sauce Wheat Garlic Bread Steamed Fresh Broccoli Blueberry Cup	Kansas City BBQ BBQ Pulled Pork On Wheat Bun Roasted Local Garlic Potatoes Kansas City Slaw Watermelon Wedge	<b>Fresh Picks Pizza</b> Cheese Pizza Or Chef's Veggie Pizza Carrots Sticks w/ Ranch Dip Fresh Mac Apple
<b>Monday 9/20/10</b>	<b>Tuesday 9/21/10</b>	<b>Wednesday 9/22/10</b>	<b>Thursday 9/23/10</b>	<b>Friday 9/24/10</b>
I'm Stuffed! Local Baked Stuffed Potato w/ Homemade Chili Grafton Cheddar Sweet Potato Biscuit Steamed Broccoli Assorted Fresh Fruit	<b>Fresh Picks Tossed To Order</b> Buffalo Chicken Caesar Salad w/ Warm Pita Bread Roasted Potatoes Peaches	Little Italy Homemade Baked Rotini in Meat Sauce Wheat Garlic Roll Fresh Garden Salad Fruit Salad	<b>First Day of Autumn</b> Roast Turkey & Apple Stuffing Mashed Sweet Potatoes Fresh Local Zucchini Apple Crisp 	<b>Fresh Picks Pizza</b> Cheese Pizza Or Chef's Veggie Pizza Veggie Sticks w/ Ranch Dip Fresh Orange Smiles
<b>Monday 9/27/10</b>	<b>Tuesday 9/28/10</b>	<b>Wednesday 9/29/10</b>	<b>Thursday 9/30/10</b>	
Wrap City Ranch Chicken Wheat Wrap Homemade Vegetable Soup Westminster Crackers Fresh Mac Apple	Diner Days Homemade Baked Meatloaf Roasted Garlic Potatoes Green Beans Wheat Roll Strawberry Cup	No School	Tijuana Thursday Twin Beef Tacos Chopped Lettuce, and Tomatoes Grafton Cheddar Steamed Brown Rice Salsa Fresh Local Apple	<b>WE USE LOCAL VERMONT TOMATOES IN OUR SALADS!</b> 

**Fresh Picks Side Bar**

**Healthy Side Bar**  
Offering a variety of nutritious fruits and vegetables daily to complement your meal.

**Fresh Picks Deli**

**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

**Fresh Picks Market Fresh**

**A Specialty Entrée Salad And A Garden Chef Salad**  
Is offered daily and served with whole wheat pita bread And Farm Fresh Milk  
Monday: Chicken Caesar  
Tuesday: Ham and Cheese Chef  
Wednesday: Ranch Chicken  
Thursday: BCLT  
Friday: Buffalo Chicken

**Fresh Picks Pizza**

**Friday is Pizza Day!**  
Whole wheat pizza dough topped with low fat pizza cheese. Served with two nutritious sides and milk.

Any Questions or Comments,  
Please Contact Your  
Food Service Director  
John Ayer @802 463-3944 x232

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, The Dutton Farm, The Miller Farm, Four Corners Farm, Green Mountain Orchards, Harlow Orchards, Vermont Bread, Grafton Village Cheese, Gleason Grains, Champlain Orchards & Maple Meadow Farms.