

Monday 1/30/12	Tuesday 1/31/12	Wednesday 2/1/12	Thursday 2/2/12	Friday 2/3/12
		Mangia Mangia Baked Rotini w/ Meat Sauce Garlic Bread Caesar Salad Sliced Peaches	Brunch for Lunch Hot Ham and Cheese Wrap Hash Brown Potatoes Celery Sticks w/ Dip Warm Cinnamon Apples	Super Bowl Warm Up! Spicy Chicken Chunks Spicy Fries Peas Fruit Crisp
Monday 2/6/12 Mucho Grande Monday Nachos Grande w/ The Works! Fiesta Rice Sweet Corn Apple Sauce	Tuesday 2/7/12 Shanghai Chicken General's Chicken Seasoned Rice Stir Fried Vegetables Fruit Cocktail	Wednesday 2/8/12 That's Italian Spaghetti and Meatballs Garlic Bread Garden Salad Baked Pears	Thursday 2/9/12 Soup, Salad & Sandwich Chicken Noodle Soup Grilled Ham & Cheese Sandwich Garden Salad Fresh Mac Apple	Friday 2/10/12 Healthy Challenge Roasted Caesar Style Chicken Served Over Fresh Salad Greens Parmesan Wheat Roll Fresh Orange Wedges
Monday 2/13/12 Iron City Flats Hot Steak Sub Bar with all your favorite toppings Oven Fries Garden Salad Peaches'n Cream	Tuesday 2/14/12 Valentine's Lunch Love Me Tender Chicken Dipping Sauce Romantic Rice Cupid's Sweet Peas Sweetheart Fruity Jell-o	Wednesday 2/15/12 Cheesy Macaroni! Homemade Macaroni & Cheese Wheat Garlic Roll Green Beans Fresh Orange Wedges	Thursday 2/16/12 Tijuana Thursday Chicken & Cheese Burritos Spanish Rice Green Salad Fruit Pandowdy	Friday 2/17/12 Saturday Supper Hot Dog Bar Baked Beans Steamed Broccoli Creamy Chocolate Pudding
Monday 2/20/12 President's Day Luncheon All American Shepherd's Pie Wheat Dinner Roll Green Beans Red White & Blue Fruit Cup	Tuesday 2/21/12 Washington's Birthday Roast Turkey w/Gravy Roasted Sweet Potatoes Wheat Roll Sweet Peas Apple Sauce	Wednesday 2/22/12 Northern Italy Chicken Parmesan Pasta w/ Marinara Garlic Bread Caesar Salad Pears	Thursday 2/23/12 Action Station Burger Bar Build Your Own Burger on a Bun Oven Fries Warm Winter Beets Spiced Apple Slices	Friday 2/24/12 Iron City Flats Calzone Mania Look for our Chef's Special Calzones Garlic Parmesan Potato Wedges Steamed Broccoli Peaches
Monday 2/27/12 Vacation	Tuesday 2/28/12 Vacation	Wednesday 2/29/12 Vacation	Farm Fresh Milk is Served with Every Meal.	"This institution is an equal opportunity provider."

This month we are
Featuring:
Sweet Potatoes
Featured Day 2/21/12



These are just some of the farm partners we would like to thank:

Giles Farm
Brookdale Farm
Heron Pond Farm
Barkers Farm
Zacks Farm
Picnic Rock Farm

Local Beets

See The Different Ways Beets are on the Menu.



Don't forget to visit
our Stations!

* **Downtown Deli**

Offering Made To
Order Sandwiches

***Market Fresh Salads**

These Are Delicious, Fresh
& Served w/Rolls

***Pizza Specials**

Whole Wheat Pizza Dough
Topped With Low Fat
Cheese & Toppings!

* **Express Grab-n-Go
Hot Sandwiches**

**ALL MEALS ARE SERVED
WITH NUTRITIOUS SIDES
AND FARM FRESH MILK**



Any questions or Comments, Please
contact your Food Service Director
Dee Howard
@ 476-5840

Café Services is a Proud Sponsor of the NH Farm to
School Project. We buy Local First.

