



A Division of Café Services

Ellis School

March 2010

Farm Fresh Focus
 This month we are featuring **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
Mexican Monday Beef Tacos Seasoned Rice Mexicali Corn Pineapple	Soup and Salad Toasted Cheese Sandwich Hot Tomato Soup Carrot Sticks and Dip Sliced Peaches	Tour of Sicily Tortellini and Meat Sauce Fresh Dinner Roll Crisp Caesar Salad Pears	Carved To Order Oven Fried Chicken Smashed Potatoes Warm Corn Bread Green Peas Warm Apple Crisp	Fresh Picks Pizza Cheese or Pepperoni Pizza 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 Chicken Burger Potato Wedges Fresh Garden Salad Fruit Cocktail	Brunch For Lunch French Toast Sticks Syrup Sausage Links Hash Browns Strawberry Cup	The Impastable Dream Home Made Baked Mac and Cheese Fresh Wheat Roll Fresh Green Salad Peach Cup	New England Shepherd's Pie Warm Biscuit Green Beans Pears	Fresh Picks Pizza Cheese or Pepperoni Veggie Sticks /Dip Orange Wedges
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	The Chicken Coop Chicken Nuggets Dipping Sauce Krispy Oven Fries Wheat Roll Green Beans Fruit Cocktail	<i>Happy St. Patrick's Day!</i> Ham Dinner Baked Ham Parslied Potatoes Buttered Corn Green Cabbage Dinner Roll Leprechaun Lime Jell-o w/ Topping	Fiesta Ole` Chicken Fajitas Seasoned Rice Sweet Corn Pineapple Chunks	Fresh Picks Pizza Cheese or Pepperoni Pizza 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 Chicken Oven Potatoes Corn on cob Side Salad Fresh Dinner Roll	Fresh Picks Pizza Cheese or Pepperoni Pizza Carrot Sticks Raisins
Monday 3/29/10	Tuesday 3/30/10	Wednesday 3/31/10		
Super Nacho Bar Nachos Grande Cheese Sauce Salsa Garden Salad Fresh Mac Apple	Hot Diggity Dog Hot Dog on a Bun Krispy Oven Fries Green Beans Peaches	Mamma Mia Baked Ziti with Homemade Meat Sauce Dinner 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 Picks Deli
 Fresh made Deli Sandwiches served with two Nutritious Sides and Farm Fresh Milk.
Monday:
Tuna sandwich
Tuesday:
Deli Turkey
Wednesday:
Egg Salad
Thursday:
Bologna and Cheese
Friday:
Fruit & Yogurt Parfait

Market Fresh
 Specialty Entrée Salad are served with two Nutritious Sides and Farm Fresh Milk.
Mon-Buffalo chicken
Tues-Ham & Cheese
Chef
Wed-Crispy Chicken
Thurs-BCLT
Fri-Caesar's Salad

NH Farm to School Program
 Get Smart. Eat Local
 A project to connect New Hampshire Farms and Schools
 Café Services is a Proud Sponsor of the NH Farm to School Project.
 We Buy Local First.
 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

Any Questions or Comments, Please contact your Food Service Director Janet Maguire at 603-895-2511 ext 427

