



Seminary Hill Elementary

September 2008



**Farm
Fresh
Focus**
This month
we are
Featuring:

**Fresh Local Sweet
Corn**

School Tasting
September 9th

Monday 8/25/08	Tuesday 8/26/08	Wednesday 8/27/08	Thursday 8/28/08	Friday 8/29/08
			Ranch Gobbler Grab Turkey Ranch Sub Oven Tater Puffs Carrot Coins Pineapple Tidbits	Formaggios Pizza Three Cheese or Chef's Topping Pizza Caesar Salad Mandarin Oranges
Monday 9/1/2008	Tuesday 9/2/2008	Wednesday 9/3/2008	Thursday 9/4/2008	Friday 9/5/2008
Labor Day No School 	Welcome Back BBQ Grilled Hamburger or Hot Dog Cheese, Lettuce, Tomato and Pickles Café Pasta Salad Fresh Garden Salad Watermelon Wedge	The "Big" Cheese Baked Cheese & Ham Macaroni Sweet Green Peas Warm Baked Roll Fresh Melon Wedge	Chicken Lick'n Good Crispy Chicken Tenders w/ Sauce Oven Fries Fresh Baby Carrots Warm Dinner Roll Strawberries & Cream	Formaggios Pizza Three Cheese or Chef's Topping Pizza Heart Healthy Salad Fresh Local Apple
Monday 9/8/2008	Tuesday 9/9/2008	Wednesday 9/10/2008	Thursday 9/11/2008	Friday 9/12/2008
Mexican Monday Soft Beef Taco w/ All the Fixin's Spanish Rice Mexicali Corn Hawaiian Pineapple	Farmhouse Delight BBQ Pulled Pork on a Bun Country Mashed Potatoes Local Sweet Corn Warm Spiced Apples	It's a Pastability Spaghetti & Meatballs w/ Homemade Marinara Caesar Salad Warm Garlic Bread Orange Smiles	It's a Dunk Cheesy Italian Bread w/ Marinara Dipping sauce Broccoli Cuts Baked Fruit Cobbler	Formaggios Pizza Three Cheese or Chef's Topping Pizza Crispy Local Veggie Sticks w/ Dip Fruit Cocktail
Monday 9/15/2008	Tuesday 9/16/2008	Wednesday 9/17/08	Thursday 9/18/2008	Friday 9/19/2008
Brunch for Lunch French Toast Sticks w/ Syrup Hash Brown Patty Country Ham Slice Raspberry Applesauce	Chicken Fixin Oven Baked Chicken Nuggets Roasted Local Potatoes Fresh Cucumber Wedges Blushing Pears	Luigi's Pasta Bowl Pasta with Meat Sauce Heart Healthy Salad Garlic Toast Local Farm Fresh Apple	The Whole Enchilada Baked Cheese Enchilada Seasoned Rice Roasted Corn 100% Juice Bar	Frenchy's Pizza Three Cheese French Bread Pizza Heart Healthy Salad Fresh Melon Wedge
Monday 9/22/2008	Tuesday 9/23/2008	Wednesday 9/24/2008	Thursday 9/25/2008	Friday 9/26/2008
The Colonels Fav Chicken Patty Sandwich Roasted Potato Wedges Garden Green Beans Peach Slices	Ladle, Loaf & Salad Homestyle Tomato Soup Grilled Cheese Caesar Salad Blushing Pears	Hail Caesar Crispy Chicken Caesar Salad Oven Fresh Garlic Toast Berries and Cream Early Release	Sub Station Italian Meatball Sub Oven Baked Fries Farm Fresh Zucchini Spiced Applesauce	Formaggios Pizza Three Cheese or Chef's Topping Pizza Broccoli Tops w/Dip Fresh Orange Smiles
Monday 9/29/2008	Tuesday 9/30/2008			
Burger Mania Cheeseburger on a Bun Mashed Potatoes Garden Sweet Peas & Carrots Fresh Fruit	Southern Hospitality Oven Fried Chicken Mashed Potatoes Sweet Corn Warm Dinner Roll Georgia Peaches		Daily Option Peanut Butter and Jelly is Available Every Day. Served with two Nutritious Sides and Farm Fresh Milk	In accordance with Federal law and U.S. Dept. of Agriculture policy, this institution 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:** Deli Turkey
- Tuesday:** Ham & Cheese
- Wednesday:** Egg Salad
- Thursday:** Tuna Roll
- Friday:** Turkey Bologna & Cheese



Entrée salads prepared fresh daily
served with fresh baked bread
or Greek Pita and Vermont Farm
Fresh milk
Three cheese salad offered daily

- 2-Sept- Tuna Tomato Salad
- 3-Sept- Chicken Caesar Salad
- 4-Sept- Buffalo Chicken Salad
- 5-Sept- Ranch Turkey Salad
- 8-Sept- Chef's Salad
- 9-Sept- Tuna Tomato Salad
- 10-Sept- Chicken Caesar Salad
- 11-Sept- Buffalo Chicken Salad
- 12-Sept- Ranch Turkey Salad
- 15-Sept- Chef's Salad
- 16-Sept- Tuna Tomato Salad
- 17-Sept- Chicken Caesar Salad
- 18-Sept- Buffalo Chicken Salad
- 19-Sept- Ranch Turkey Salad
- 22-Sept- Chef's Salad
- 23-Sept- Tuna Tomato Salad
- 24-Sept- Chicken Caesar Salad
- 25-Sept- Buffalo Chicken Salad
- 26-Sept- Ranch Turkey Salad
- 29-Sept- Chef's Salad
- 30-Sept- Tuna Tomato Salad

*Café Services is a Proud Sponsor
of the Farm to School Program
We Buy Local First*



These are just some of our Farm
Partners we would like to thank:
**Giles Farm, Brookdale Farm,
Heron Pond Farm, Barkers
Farm, Zack's Farm, Picnic Rock
Farm**

Fresh Fruit and Bread Offered Daily
Farm Fresh Milk is Served with all Meals



Any questions or comments, Please contact your
Food Service Director
448-1538

