



# Moultonborough Central January 2010

Farm Fresh Focus  
This month we are  
Featuring  
**Sweet Potatoes**  
School Tasting  
January 25th

				Friday 1/1/10
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.				
Monday 1/4/10	Tuesday 1/5/10	Wednesday 1/6/10	Thursday 1/7/10	Friday 1/8/10
<b>Brunch For Lunch</b> French Toast Sticks w/ Syrup Ham Steak Country Hash Browns Peaches	<b>Tijuana Tuesday</b> Twin Beef Tacos Spanish Rice Mexicali Corn Fruit Cocktail	<b>Grecian Holiday</b> Greek Chicken Tomato Cheesy Pasta Bake Cucumber Salad Pita Bread Orange Sherbet	<b>Localvore Fare Day</b> <b>Nachos w/ Taco Meat</b> <b>Steamed Broccoli</b> <b>Local Cabot Cheddar Cheese Sauce</b> <b>Local Cabbage Coleslaw</b> <b>Local Cabot Sour Cream</b> <b>Local Mac Apple</b>	<b>Fresh Picks Pizza</b> Pepperoni or Cheese Veggie Sticks /Dip Blueberry Cup
Monday 1/11/10	Tuesday 1/12/10	Wednesday 1/13/10	Thursday 1/14/10	Friday 1/15/10
<b>National Milk Day</b> <b>Milk 1st bottled in 1878</b> Sloppy Joe on a Bun Oven Fries Green Beans <b>Local Mac Apple</b> And of course <b>Milk!!</b>	<b>Moroccan Feast</b> Peach Roasted Chicken White Rice Dinner Roll Steamed Fresh Broccoli Blueberry Cup	<b>That's Italian</b> Spaghetti and Meatballs w/ Homemade Marinara Healthy Garden Salad Garlic Bread Fruit Cocktail	<b>Diner Days</b> Chicken Patty Oven Fries Sweet Green Peas Cranberry Sauce 100% Juice Bar	<b>Fresh Picks Pizza</b> Pepperoni or Cheese Side Salad Orange Smiles
Monday 1/18/10	Tuesday 1/19/10	Wednesday 1/20/10	Thursday 1/21/10	Friday 1/22/10
<b>Martin Luther King Day</b> 1929-1968 <b>No School</b>	<b>The Chicken Coop</b> Chicken Nuggets Dipping Sauce Seasoned Rice Mixed Veggies Apple Cinnamon Slices	<b>Mama Mia</b> Homemade American Chop Suey Garlic Bread Caesar Salad Peaches	<b>Brunch for Lunch</b> Waffles Sausage Roasted Potatoes Warm Chunky Applesauce	<b>Fresh Picks Pizza</b> Pepperoni or Cheese Baby Carrots/ Dip Blueberry Cup
Monday 1/25/10	Tuesday 1/26/10	Wednesday 1/27/10	Thursday 1/28/10	Friday 1/29/10
<b>Chester Cheese Burger Monday</b> Cheeseburger on a Bun Roasted Sweet Potato Wedges Green Beans Orange Smiles	<b>Lebanese Fare</b> Delicious Roasted Chicken and Potatoes Toasted Garlic Pita Wedges Green Peas Raspberry Sherbet	<b>Pasta Ala Cheese</b> Hot Creamy Macaroni and Cheese with Ham Steamed Broccoli Garlic Bread Pears	<b>Fiesta Ole'</b> Chicken Fajitas Fiesta Rice Mexicali Corn Salsa Pineapple	<b>Fresh Picks Pizza</b> Pepperoni or Cheese Side Salad Diced Pears



Fresh made deli sandwiches served with two nutritious sides and Farm Fresh Milk.

**Monday:**  
Deli Turkey

**Tuesday:**  
Ham & Cheese

**Wednesday:**  
Bologna and Cheese

**Thursday:**  
Tuna Boat

**Friday:**  
Fruit & Yogurt Parfait



**Three Cheese Salad Offered Daily With Yogurt**

Fruit  
Bread  
Milk



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 Dee Howard at 476-5840