



# Seacoast Charter School

## September 2010

A Division of Café Services

Monday 8/30/10	Tuesday 8/31/10	Wednesday 9/1/10	Thursday 9/2/10	Friday 9/3/10
Sub Station Made To Order Italian Meatballs & Sauce in a Wheat Sub Spicy Italian Potato Chunks Veggie Sticks w/Dip Peaches	Fiesta Ole` Chicken Fajitas w/ Sautéed Local Onions and Green Peppers Salsa Fiesta Rice Mexicali Corn Fresh Assorted Fruit	That's Italian Spaghetti Homemade Marinara Meatballs Garlic Bread Caesar Salad Orange Wedges	<b>Farmhouse Delight</b> Roasted Chicken Country Mashed Potatoes Local Corn on the Cob Warm Baked Roll Blueberry Crisp 	<b>No School</b>
Monday 9/6/10	Tuesday 9/7/10	Wednesday 9/8/10	Thursday 9/9/10	Friday 9/10/10
<b>Labor Day No School</b>	Welcome Back BBQ Grilled Hamburger or Hot Dog on a Bun Cheese, Lettuce, Tomatoes, Pickles Café Pasta Salad Fresh Garden Salad Watermelon Wedge.	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 Topping Garden Salad Raisins
Monday 9/13/10	Tuesday 9/14/10	Wednesday 9/15/10	Thursday 9/16/10	Friday 9/17/10
New Englander Homemade Shepherd's Pie Warm Baked Roll Green Beans Fresh Orange Segments	Kansas City BBQ BBQ Pulled Pork On Wheat Bun Roasted Local Garlic Potatoes Kansas City Slaw Watermelon Wedge	<b>Italian Street Fest</b> Luigi's Pasta Bar Spaghetti w/ Homemade Meat Sauce Garlic Bread Steamed Fresh Broccoli Fruit Pandowdy	Mexican Independence Day Chicken Taco Boat w/ Chopped Lettuce, Tomatoes, Sour Cream Spanish Rice Baked Pears	<b>Fresh Picks Pizza</b> Cheese Pizza Or Chef's Topping Carrots Sticks w/ Ranch Dip Fresh Mac Apple
Monday 9/20/10	Tuesday 9/21/10	Wednesday 9/22/10	Thursday 9/23/10	Friday 9/24/10
Build It Bar Local Baked Stuffed Potato w/ Homemade Chili Cabot Cheddar & Sour Cream 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 Ziti in Meat Sauce Garlic Roll Fresh Garden Salad Blueberry Cup	 <b>First Day of Autumn</b> Roast Turkey & Apple Stuffing Mashed Sweet Potatoes Squash Valley Zucchini Apple Crisp	<b>Fresh Picks Pizza</b> Cheese Pizza Or Chef's Topping Veggie Sticks w/ Ranch Dip Fresh Orange Smiles
Monday 9/27/10	Tuesday 9/28/10	Wednesday 9/29/10	Thursday 9/30/10	
The Chicken Coop Chicken Nuggets w/ BBQ Sauce Seasoned Rice Garlic Bread Baby Carrots Fruit Cocktail	Diner Days Homemade Baked Meatloaf Roasted Garlic Potatoes Green Beans Wheat Roll Strawberry Cup	<b>Mangia Mangia</b> Chicken and Broccoli Alfredo Over Spaghetti Parmesan Roll Heart Healthy Salad Pears	Tijuana Thursday Twin Beef Tacos Chopped Lettuce, and Tomatoes Seasoned Rice Salsa Fresh Local Apple	<b>WE USE LOCAL HYDROPONIC TOMATOES IN OUR SALADS!</b> 



Al la carte Milk Order

# \_\_\_\_\_ Week 1

# \_\_\_\_\_ Week 2

# \_\_\_\_\_ Week 3

# \_\_\_\_\_ Week 4

# \_\_\_\_\_ Week 5



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 Tara Stone  
@ 642-3341 x132**