



**Farm Fresh Focus**  
 This month we are featuring local corn. On the menu throughout the month, school tasting 9/22

## Pittsfield Middle/High School Lunch Menu

Student: \$2.70

**September 2014**

Adult: \$3.50

Monday 8/25	Tuesday 8/26	Wednesday 8/27 Prince of Pasta	Thursday 8/28 Brunch for Lunch	Friday 8/29
		Spaghetti & Meatballs Green Leaf Salad Fresh Fruit	French Toast Sticks Baked Ham Homefries Applesauce	No School
Monday 9/1 Labor Day	Tuesday 9/2 Tossed to Order Stir Fry	Wednesday 9/3 North End Fav	Thursday 9/4 Welcome Back BBQ Event!	Friday 9/5 New World 'Za
	Sweet & Sour Stir Fry Steamed Broccoli Sesame Noodles Pineapple	Baked Chicken Parmesan Pasta Marinara Fresh Green Salad Fresh Fruit	Hamburger or Hot Dog Lettuce, Tomato & Pickles Potato Salad Baked Beans Watermelon	Whole Wheat Flat Bread Pizza Fresh Garden Salad Fresh Fruit
Monday 9/8 It's a Melt	Tuesday 9/9 The Chicken "Coop"	Wednesday 9/10 Impastable Dream	Thursday 9/11 Farm House Delight	Friday 9/12 Stuff It
Turkey, Tomato & Bacon Melt Fresh Cut Potato Wedges Garden Salad Cinnamon Apple Slices	Build your own Grilled Chicken Sandwich Green Leaf Salad Fresh Orange Wedges	Ziti w/ Meat Sauce 3 Bean Salad Garden Salad Fresh Fruit	Roasted Chicken Dinner Roll Corn Homemade Cranberry Peach Chutney	Baked Potato Bar Dinner Roll Maple Glazed Carrots Mixed Fruit Sorbet
Monday 9/15 Meatless Monday	Tuesday 9/16 Build Your Own	Wednesday 9/17 That's Italian	Thursday 9/18 Home Cooked Comfort	Friday 9/19 Build your Own Taco
Tossed to Order Pear & Cheddar or Three Cheese Salad Warm Wheat Pita Bread Fresh Fruit	Build your own Burger Green Leaf Salad Fresh Apple	Lazy Lasagna Parmesan Roll Italian Style Green Beans Orange Wedges	Roast Turkey w/ Gravy Dinner Roll Mashed Potatoes Sweet Corn Warm Cinnamon Apples	Tacos w/ all the fixin's Mexicali Rice Southwestern Bean Salad Fresh Fruit
Monday 9/22 Welcome Autumn!	Tuesday 9/23 Heart Healthy	Wednesday 9/24 Little Italy	Thursday 9/25 Ranch Hand Style	Friday 9/26 Calzone Crazy
Baked Ham Fresh Dinner Rolls Local Corn on the Cob Local MacIntosh Apples	Grilled Boneless Chicken Seasoned Brown Rice Baby Carrots w/ Hummus Fresh Fruit	Pasta w/ Homemade Alfredo Roasted Sweet Potatoes Garden Salad Peaches	BBQ Meatloaf Fresh Potato Wedges Roasted Corn Salsa Dinner Roll Orange Wedges	Assorted Calzones Including Chicken Parm & Meatlover's Caesar Salad Corn Pears

### Welcome Back!

This month we celebrate back to school with a special BBQ and the coming of fall with a special harvest meal.

### Healthy Side Bar

Offering a variety of nutritious fruits, legumes and vegetables daily to complement your meal. All meals served with farm fresh milk

### Deli

#### Fresh Made Deli Sandwiches

Lean meats, cheeses and daily choices of deli salads made to order on whole wheat breads & rolls with fresh veggie toppings. Served with nutritious sides and farm fresh milk.

### Market Fresh

#### Fresh Made Salads & Specialties

Special Entrée Salads prepared fresh daily served with fresh whole wheat breads, fruit and milk. Vegetarian options offered daily.

### Pizza

#### Made on site

Whole wheat pizza dough topped with low-fat pizza cheese. New York, Sicilian, French Bread and Calzone styles are offered. Served with nutritious sides and milk.

Questions or Comments

Please Contact Your

Food Service Director

Kevin Crossan @ 435-6030

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Fresh Picks Cafe is a division of Café Services™

Café Services is a proud proponent of the Farm-to-School Initiative.

We Buy Local First.

USDA is an equal opportunity provider and employer.

### Café Express

#### Lunch on the go

Grab-n-Go hot sandwiches made with whole wheat breads and rolls, served with nutritious sides and milk.