

Milton Town School



Growing a healthy community.

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THE
FARM *to* **SCHOOL**
PROGRAM

Milton's Farm to School Adventure



© Courtney Lamdin / Milton Independent



Milton Town School District

- Located in North Western Vermont
- 1800 Hundred Students
- 45% Free & Reduced
- 74% Participation
- Provide Meal Services to Pre K – Elementary, Middle School, High School & Early Child Care Centers
- Annual Budget of \$800,000.00
- 25% of all food purchases are procured Locally





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Meal Programs Offered

- National School Lunch and Breakfast
- Breakfast in the Classroom
- Fresh Fruit & Vegetable Program
- Pre K Expansion Meal Service
- Early Education Center National School Lunch Breakfast and CACFP
- Summer Food Service Program





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Locally Sourced Summer Meal



Farm to School Best Practices In the Cafeteria

- Manage “seasonal” cycle menus to coincide with harvest season.
- Follow Procurement policies for Informal and Micro Purchasing Methods
- Work with our local growers on product amounts, harvest and delivery times and pricing.
- Proper tools and storage to handle fresh product
- Staff Training and scheduling to manage fresh product
- Labeling and advertising of locally sourced products

FOOD SERVICE
DIRECTOR
 STEVEN MARINELLI
 802-893-5500

MILTON MIDDLE SCHOOL MENU

AUGUST SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24	25	26	27	28
		Chicken Tenders with Home Made Dipping Sauce Brown Rice Pilaf Local Summer Squash Fruit and Veggie Bar Fat Free Milk	Home Made Beef Goulash Caesar Salad Whole Wheat Roll Fruit and Veggie Bar Fat Free Milk	Vermont Hand Made Burgers Hand Cut Fries Mazza Farms Corn on the Cob Fruit & Veggie Bar Fat Free Milk
1	1	2	3	4
Whole Wheat Penne With Hearty Meat Sauce Vermont Organic Salad Greens Fruit and Veggie Bar Fat Free Milk	Soft Tacos w/Seasoned Beef, Lettuce, Tomato, Cheese & Sour Cream Tuscan White Bean Salad Fruit and Veggie Bar Fat Free Milk	Roast Loin Of Pork Oven Roasted Potato Fresh Gingered Carrots Vermont Village Apple Sauce Fruit and Veggie Bar Whole Wheat Roll Fat Free Milk	Chicken Patty on Whole Wheat Bun Sweet Potato Fries Green Beans Fruit and Veggie Bar Fat Free Milk	Chicken & Broccoli Alfredo Caesar Salad Bread Sticks Fruit & Veggie Bar Fat Free Milk
7	8	9	10	11
Labor Day	Cheddar Cheese Whole Wheat Quesadilla Lettuce Tomato Sour Cream Red Beans & Rice Fruit and Veggie Bar Fat Free Milk	Open Faced Turkey On WW Bread Garlic Mashed Potato Sweet Peas Fruit and Veggie Bar Fat Free Milk	General Tso Chicken Fresh Steamed Broccoli Fried Rice Pineapple Chunks Fruit and Veggie Bar Fortune Cookie Fat Free Milk	Smitty Brook Farm Root Veggie & Beef Stew Whole Wheat Biscuit Steamed Green Beans Fruit & Veggie Bar Fat Free Milk
14	15	16	17	18
Whole Wheat Spaghetti w/Marinara Meat Sauce Garlic Bread Fresh Caesar Salad Fruit and Veggie Bar Fat Free Milk	Turkey Nachos Topped With Leafy Lettuce Tomato Sour Cream Salsa & Cheese Refried Beans Fruit and Veggie Bar Fat Free Milk	Home Style Chicken & Biscuit with Local Root Veggies Garlic Mashed Potato Fruit & Veggie Bar Fat Free Milk	Brunch For Lunch Belgium Waffle with Syrup Vermont Country Farm Sausage Home Fries Fresh Fruit Smoothie Fat Free Milk	Savory Turkey Loaf Baked Potato Vt. Maple Glazed Carrots Fruit & Veggie Bar Fat Free Milk
21	22	23	24	25
Cheeseburger On Whole Wheat Bun Lettuce & Tomato Sweet Potato Fries Summer Squash Fruit and Veggie Bar Fat Free Milk	Homemade Macaroni & Cheese Whole Wheat Dinner Roll Crisp Broccoli Fruit and Veggie Bar Fat Free Milk	No School	Vermont Beef or Lentil Sloppy Joes On Whole Wheat Bun French Fries Roasted Local Corn & Bean Salad Fruit and Veggie Bar Fat Free Milk	Eggplant Parmesan & Pasta topped with Marinara Caesar Salad Fruit & Veggie Bar Fat Free Milk

DAILY OFFERINGS:

DAILY ENTRÉE WITH HOME MADE SOUP

DELI SANDWICHES
HAND CRAFTED ARTISAN SANDWICHES SERVED WITH FRESH FRUIT AND VEGGIE BAR

FRESH CHEF SALAD BAR
 Prepared with a variety of fruits vegetables and protein served with Whole Wheat Roll

FRUIT AND VEGGIE BAR
 An always changing Self Serve Salad Bar with Fresh Made Salads Variety of Fruits and Local offerings Available with all entrees

CHOICE OF MILK
 No Fat Chocolate, No Fat Skim

LUNCH PRICES
 PAID \$3.00
 REDUCED \$0.00
 ADULT \$4.50
 MILK \$0.50

BREAKFAST PRICES
 PAID \$1.75
 REDUCED \$0.00
 ADULT \$2.25

Menu Subject to Change!



USDA is a Equal Opportunity Provider and Employer

We offer local products when available.

Manage your Students Accounts and Make Payments at www.mySchoolbucks.com

Please Remember to fill out and return applications for Free Lunch and Breakfast.

There is no Charge for Reduced Meals

Highlighted Items contain egg

Featured Vermont Products
 Allenholm Farms
 Dick Mazza
 Raspberry Farms
 Vermont Village Apple Sauce
 Peasley Potatoes
 Sunrise Orchards
 K O Farms
 Vermont Bread Company
 SmittyBrook Farms
 Cabot





THE
FARM to SCHOOL
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Promoting Our Farmers



Fruit & Veggie Bars



Promoting Farm to School In our Cafeteria Classrooms and Community



Taste Tests



School Gardens



Cooking Camps Jr. Iron Chef



Community Dinners



THE
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Farmers Market



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Farm Field Trips



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Pre K Farm to School Outreach



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- Thank You – Questions?

