



HS/MS Breakfast February 2012

Feed Your Brain For Breakfast. Good Nutrition Enhances Learning. Healthy Breakfast Offered Daily Choice of: of Assorted Cereals, Fresh Baked Good, Fruit and Yogurt Parfait with Cinnamon Wheat Roll, or Special of the Day with Fruit or 100% Fruit Juice & Milk.

Student: \$1.50

Adult: \$2.00

Monday 1/30/12	Tuesday 1/31/12	Wednesday 2/1/12	Thursday 2/2/12	Friday 2/3/12
Today's Special Bagel with Cream Cheese Fruit or Juice Milk	Today's Special Pancakes w/Syrup Fruit or Juice Milk	Today's Special Homemade Blueberry Muffin Fruit or Juice Milk	Today's Special Breakfast Burrito Fruit or Juice Milk	Today's Special Scrambled Eggs Whole Wheat Toast Fruit or Juice Milk
Monday 2/6/12	Tuesday 2/7/12	Wednesday 2/8/12	Thursday 2/9/12	Friday 2/10/12
Today's Special Pancakes with Syrup Fruit or Juice Milk	Today's Special Warm Cinnamon Roll Fruit or Juice Milk	Today's Special Scrambled Eggs Whole Wheat Toast Fruit or Juice Milk	Today's Special French Toast w/Syrup Fruit or Juice Milk	Today's Special Homemade Blueberry Muffin Fruit or Juice Milk
Monday 2/13/12	Tuesday 2/14/12	Wednesday 2/15/12	Thursday 2/16/12	Friday 2/17/12
Today's Special Bagel & Cream Cheese Fruit or Juice Milk	Today's Special Pancakes with Syrup Fruit or Juice Milk	Today's Special Breakfast Burrito Fruit or Juice Milk	Today's Special Scrambled Egg and Melted Cheese Quesadilla Fruit or Juice Milk	Today's Special Banana Chocolate Chip Muffin Fruit or Juice Milk
Monday 2/20/12	Tuesday 2/21/12	Wednesday 2/22/12	Thursday 2/23/12	Friday 2/24/12
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Monday 2/27/12	Tuesday 2/28/12	Wednesday 2/29/12		
Today's Special Homemade Blueberry Muffin Fruit or Juice Milk	Today's Special Breakfast Burrito Fruit or Juice Milk	Today's Special Scrambled Egg and Melted Cheese Quesadilla Fruit or Juice Milk		"This institution is an equal opportunity provider."

**Any questions or Comments,
Please contact your
Food Service Director
Larry Lane
877-2938**

**Farm Fresh
Focus
Sweet Potatoes & Beets**



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

Monday 1/30/12	Tuesday 1/31/12	Wednesday 2/1/12	Thursday 2/2/12	Friday 2/3/12
		Mangia Mangia Baked Rotini w/ Meat Sauce Garlic Bread Caesar Salad Sliced Peaches	Action Station Burger Bar Build Your Own Burger on a Bun Oven Fries Warm Winter Beets Spiced Apple Slices	Super Bowl Warm Up! Spicy Chicken Chunks Spicy Fries Broccoli Tops w/Dip Fruit Crisp
Monday 2/6/12	Tuesday 2/7/12	Wednesday 2/8/12	Thursday 2/9/12	Friday 2/10/12
Mucho Grande Monday Nachos Grande w/ The Works! Fiesta Rice Sweet Corn Apple Sauce	Shepherd's Pie Wheat Dinner Roll Green Bean Fruit Cup	That's Italian Spaghetti and Meatballs Garlic Bread Garden Salad Baked Pears	Soup, Salad & Sandwich Chicken Noodle Soup Grilled Ham & Cheese Sandwich Garden Salad Fresh Mac Apple	Healthy Challenge Roasted Caesar Style Chicken Served Over Fresh Salad Greens Parmesan Wheat Roll Fresh Orange Wedges
Monday 2/13/12	Tuesday 2/14/12	Wednesday 2/15/12	Thursday 2/16/12	Friday 2/17/12
Iron City Flats Hot Steak Sub Bar with all your favorite toppings Oven Fries Garden Salad Peaches'n Cream	Valentine's Lunch Love Me Tender Chicken Dipping Sauce Romantic Rice Cupid's Sweet Peas Sweetheart Fruity Jell-o	Cheesy Macaroni! Homemade Macaroni & Cheese Wheat Garlic Roll Green Beans Fresh Orange Wedges	Tijuana Thursday Chicken & Cheese Burritos Spanish Rice Green Salad Fruit Pandowdy	Saturday Supper Pineapple Baked Ham Country Smashed Potatoes Steamed Broccoli Honey Wheat Roll Creamy Chocolate Pudding
Monday 2/20/12	Tuesday 2/21/12	Wednesday 2/22/12	Thursday 2/23/12	Friday 2/24/12
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Monday 2/27/12	Tuesday 2/28/12	Wednesday 2/29/12		
Wok for Life Sezchuan Chicken Stir Fry Fresh Zucchini Sauté Fried Rice Pineapple Tidbits	Chuck Wagon Roundup Ranch Hand BBQ Meatloaf Smashed Potatoes Green Beans Wheat Dinner Roll Jamboree Jell-o	Twisted Pasta Cheesy Chicken & Broccoli Pasta Garlic Bread Tossed Salad Fruit Cocktail	Farm Fresh Milk is Served with Every Meal.	"This institution is an equal opportunity provider."

This month we are
Featuring:
Sweet Potatoes
Featured Day 2/21/12



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

Local Beets

See The Different Ways
Beets are on the Menu.



Don't forget to visit
our Stations!

* **Downtown Deli**
Offering Made To
Order Sandwiches

* **Market Fresh**
Salads

These Are Delicious, Fresh
& Served w/Rolls

* **Pizza Specials**

Whole Wheat Pizza Dough
Topped With Low Fat
Cheese & Toppings!

* **Express Grab-n-Go**
Hot Sandwiches

**ALL MEALS ARE SERVED
WITH NUTRITIOUS SIDES
AND FARM FRESH MILK**



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Larry Lane @ 877-2938
@ 444-3333

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