



# Bellows Falls Middle School

## Breakfast Menu

### March 2010



**Feed Your Brain For Breakfast**  
**Good Nutrition Enhances Learning**

**Healthy Breakfast Offered Daily:**

**Choice of Assorted Cereals, Fruit and Yogurt Parfait with Cinnamon Bread Stick, or Special of the Day with Fruit or 100% Fruit Juice and Milk**

**Breakfast Price Students:**

**Breakfast Price Adults:**

Monday 3/1/10	Tuesday 3/2/10	Wednesday 3/3/10	Thursday 3/4/10	Friday 3/5/10
Today's Special Breakfast Burrito Fruit or Juice Milk	Today's Special Pancakes w/Syrup Sausage Fruit or Juice Milk	Today's Special Warm Cinnamon Bun Fruit or Juice Milk	Today's Special Breakfast Pizza Fruit or Juice Milk	Today's Special Scrambled Eggs Whole Wheat Toast Fruit or Juice & Milk
Monday 3/8/10	Tuesday 3/9/10	Wednesday 3/10/10	Thursday 3/11/10	Friday 3/12/10
Today's Special Sausage, Egg and Melted Cheese on English Fruit or Juice Milk	Today's Special Waffles Fruit or Juice Milk	Today's Special Scrambled Eggs w/ Sausage Crumbles Whole Wheat Toast Fruit or Juice Milk	Today's Special French Toast Sticks Sausage Fruit or Juice Milk	Today's Special Egg and Melted Cheese on English Fruit or Juice Milk
Monday 3/15/10	Tuesday 3/16/10	Wednesday 3/17/10	Thursday 3/18/10	Friday 3/19/10
Today's Special Warm Cinnamon Bun Fruit or Juice Milk	Today's Special Sausage, Egg, and Cheese on English Fruit or Juice Milk	Today's Special Breakfast Pizza Fruit or Juice Milk	Today's Special Waffles Fruit or Juice Milk	Today's Special Breakfast Burrito Fruit or Juice Milk
Monday 3/22/10	Tuesday 3/23/10	Wednesday 3/24/10	Thursday 3/25/10	Friday 3/26/10
Today's Special Pancakes w/Syrup Sausage Fruit or Juice Milk	Today's Special Scrambled Eggs w/ Sausage Crumbles Whole Wheat Toast Fruit or Juice Milk	Today's Special French Toast Sticks Warm Ham Slice Fruit or Juice Milk	Today's Special Breakfast Burrito Fruit or Juice Milk	Today's Special Warm Cinnamon Bun Fruit or Juice Milk
Monday 3/29/10	Tuesday 3/30/10	Wednesday 3/31/10		
Today's Special Breakfast Burrito Fruit or Juice Milk	Today's Special Pancakes w/Syrup Sausage Patty Fruit or Juice Milk	Today's Special Warm Bagel w/Cream Cheese Fruit or Juice Milk		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.

**Any questions or Comments,  
 Please contact your  
 Food Service Director John D Ayer  
 802-463-3944 x 232**



*Café Services is a Proud Sponsor of the VT Farm to School Project. We Buy Local First*  
 These are just some of the farm partners we would like to thank: The Walker Farm, Lilac Ridge Farm, Saxton River Orchard, The Dutton Farm, The Miller Farm, Green Mountain Orchards, Cabot, Grafton Village Cheese

