



Bellows Falls Union Middle School Breakfast Menu June 2017

		Thursday 6/1 Today's Special		Friday 6/2 Today's Special	
		Whole Grain Cinnamon Roll Breakfast Fruit Selection Milk		Whole Grain Cinnamon Donut Breakfast Fruit Selection Milk	
Monday 6/5 Today's Special	Tuesday 6/6 Today's Special	Wednesday 6/7 Today's Special	Thursday 6/8 Today's Special	Friday 6/9 Today's Special	
Homemade French Toast Warm Syrup Breakfast Fruit Selection Milk	Fresh Baked Muffin Breakfast Fruit Selection Milk	Breakfast Quesadilla Breakfast Fruit Selection Milk	Whole Grain Cinnamon Roll Breakfast Fruit Selection Milk	Whole Grain Cinnamon Donut Breakfast Fruit Selection Milk	
Monday 6/12 Today's Special	Tuesday 6/13 Today's Special	Wednesday 6/14 Today's Special	Thursday 6/15 Today's Special	Friday 6/16 Today's Special	
Homemade French Toast Warm Syrup Breakfast Fruit Selection Milk	Fresh Baked Muffin Breakfast Fruit Selection Milk	Scrambled Eggs w/ Whole Wheat Toast Breakfast Fruit Selection Milk	Whole Grain Cinnamon Roll Breakfast Fruit Selection Milk	Whole Grain Cinnamon Donut Breakfast Fruit Selection Milk	
Monday 6/19 Today's Special	Tuesday 6/20 Today's Special				
Homemade French Toast Warm Syrup Breakfast Fruit Selection Milk	Fresh Baked Muffin Breakfast Fruit Selection Milk				

Have a Wonderful Summer!

Students may take two fruit servings with each meal. They must take at least one to qualify for the meal prices listed.



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.

This Institution is an equal opportunity provider.

Try a Bite/ Harvest of the Month

This month we are featuring **Mixed Salad Greens** On the menu throughout the month.

Monthly Celebrations!

Boston Food Truck
Fridays at Lunch!

Feed Your Brain At Breakfast!

Good nutrition enhances learning. Healthy breakfast offerings daily include your choice of:

- Assorted Cereals
- w/Hard Boiled Egg
- Breakfast Sandwiches
- Bagel w/Cream Cheese
- Fruit & Yogurt Parfait
- Homemade Muffin
- Or
- Special of the Day
- With up to two Fruit Selections and Milk

Meal Prices

Breakfast:

Full Price: \$1.80
Reduced Price: \$0.00
Adult: \$2.05

Lunch:

Full Price: \$2.85
Reduced Price: \$0.00
Adult: \$3.80

Questions or Comments about the Meal Program?

Please contact your Food Service Director
Rich Curtis
@ 802-463-3944 X 232
or
fsd@wnesu.com

Or visit:
<http://www.freshpickscafe.com>

Bellows Falls Middle School Lunch Menu

Student: \$2.85

June 2017

Adult: \$3.80

		Thursday 6/1 End of Year BBQ Part I		Friday 6/2 Food Truck Friday!
		Build a Burger With your choice of Fixings and Toppings Potato Salad Watermelon		Vietnamese Inspired Bon Mi Mixed Field Greens Fresh Fruit
Monday 6/5 End of Year BBQ Part II	Tuesday 6/6 Tex-Mex Tuesday	Wednesday 6/7 Mom's Favorite	Thursday 6/8 Thursday Brunch	Friday 6/9 Food Truck Friday!
Grilled Hot Dog with Choice of Fixings Baked Beans Oven Fries Fresh Fruit	Chicken Quesadilla with Toppings Mexicali Rice Carrots Mixed Fruit	Spaghetti with Meat Sauce Garlic Bread Broccoli Assorted Fruit	Homemade French Toast Sausage Patties Home Fries Fresh Fruit	Green Muenster! Tomato Soup Mixed Field Greens Fresh Fruit
Monday 6/12 Build Your Own	Tuesday 6/13 Stuff It!	Wednesday 6/14 Family Classic	Thursday 6/15 Sub Station	Friday 6/16 Food Truck Friday
Grilled Chicken Sandwich With Fixings Roasted Chickpeas Cucumber & Tomato Salad Fresh Apple	Ultimate Baked Potato With your choice of Fillings and Toppings Homestyle Biscuit Fresh Fruit	Homemade Macaroni & Cheese Parmesan Roll Spinach Salad Pears	Italian Meatball Parmesan Sub Crispy Tater Tots Peaches	Street Tacos Fish or Chicken Mixed Field Greens Apple Churro Fresh Fruit
Monday 6/19 Happy Monday	Tuesday 6/20 Last Day			
Bacon Cheeseburger With Fixings Roasted Potatoes Fresh Apple	Assorted Sandwiches Carrot Sticks Fresh Fruit			

Have a Wonderful Summer!

Please contact your
Food Service Director
Richard Curtis at
@ 802-463-3944 x232 or
bellowsfalls@cafeservices.com



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On the menu throughout
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Monthly Celebration

Boston Food Truck
Fridays!

- Bon Mi
- Green Muenster
- Street Tacos

End of School BBQ

Deli

Fresh Made Deli Sandwiches

Lean meats, cheeses and daily
choices of deli salads made to
order on whole wheat breads &
rolls with fresh vegetable
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.

Café Express

Lunch on the go

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