



Central School Elementary Breakfast Menu June 2017

			Thursday 6/1 Today's Special	Friday 6/2 Today's Special
			Whole Grain Cinnamon Donut Breakfast Fruit Selection Milk	Whole Grain Bagel Cream Cheese 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	Egg & Cheese on Whole Wheat English Breakfast Fruit Selection Milk	Whole Grain Cinnamon Donut Breakfast Fruit Selection Milk	Whole Grain Bagel Cream Cheese 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	Egg & Cheese on Whole Wheat English Breakfast Fruit Selection Milk	Whole Grain Cinnamon Donut Breakfast Fruit Selection Milk	Whole Grain Bagel Cream Cheese 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!

Try a Bite/ Harvest of the Month

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

Monthly Celebration End of year BBQ

Thank you for a great year.
Have a great summer!

Feed Your Brain At Breakfast!

*Good nutrition enhances
learning.*

*Healthy breakfast offerings
daily include choice of:*

- Assorted Cereals with Hard Boiled Egg or Cheese Stick
 - Fruit & Yogurt Parfait or
 - Special of the Day with up to two Fruit selections & Milk

Meal Prices

Breakfast:

Full Price: \$1.65
Reduced Price: \$0
Adult: \$2.05

Lunch:

Full Price: \$2.60
Reduced Price: \$0
Adult: \$3.80

Questions or Comments about the Meal Program?

Please contact your
Food Service Director
Richard Curtis @
802-463-3944 x232 or
fsd@wnesu.com

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

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



Café Services is a proud proponent of
the Farm-to-School Initiative.
We Buy Local First.

*This Institution is an equal
opportunity provider.*



Central Elementary School Lunch Menu

Students: \$2.60

June 2017

Adults: \$3.80

		Thursday 6/1 End of Year BBQ Part 1		Friday 6/2 Fresh Picks Pizza	
		Cheeseburger with Lettuce, Tomato, Pickle Potato Salad Watermelon		Cheese Pizza or Specialty Topping 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 Fresh Picks Pizza	
Hot Dog Oven Fries Baked Beans Fresh Fruit	Chicken Quesadilla with Toppings Mexicali Rice Garden Salad Mixed Fruit	Spaghetti with Meat Sauce Garlic Bread Broccoli Assorted Fruit	Homemade French Toast Sausage Patties Home Fries Fresh Fruit	Cheese Pizza or Specialty Topping Grape Tomatoes Banana	
Monday 6/12 Gone Fishing	Tuesday 6/13 Taco Tuesday	Wednesday 6/14 Family Classic	Thursday 6/15 Student Favorite	Friday 6/16 Fresh Picks Pizza	
Fish Sticks Cole Slaw Crispy Tater Tots Fresh Fruit	Soft Taco with Fixings Seasoned Rice Green Beans Pineapple	Homemade Macaroni and Cheese Dinner Roll Green Leaf Salad Pears	Grilled Cheese on Whole Grain Cucumber Wedges Fresh Apple	Cheese Pizza or Specialty Topping Baby Carrots with Hummus Peaches	
Monday 6/19 Fun on a Bun	Tuesday 6/20 Last Day				
Bacon Cheeseburger Lettuce, Tomato, Pickles Carrots Fresh Fruit	Assorted Sandwiches Carrot Sticks Fresh Fruit				

Have a Wonderful Summer!

Questions or Comments Please
Contact Your
Food Service Director
Richard Curtis at
@ 802-463-3944 x232 or
bellowsfalls@cafeservices.com



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End of the Year BBQ

Thank you for a great year.
Have a great summer!

Deli

Fresh Made Deli Sandwiches

made on whole wheat
breads and offered with two
nutritious sides and farm
fresh milk.

Monday: turkey & Cheese

Tuesday: Ham & Cheese

Wednesday: Café Kids
Plate

Thursday: Fruit & Yogurt
Parfait

Friday: Egg Salad

Sunbutter & Jelly Available Daily

Market Fresh

A Specialty Entrée Salad and a Garden Chef Salad

made fresh daily and offered
with whole wheat bread, fruit
and farm fresh milk

Monday: Three Cheese
Salad

Tuesday: Chicken Caesar
Wednesday: Ham & Cheese
Chef

Thursday: BCLT

Friday: Strawberry Chicken

Garden Chef Salad Available Daily

Pizza

Friday is Pizza Day!

Whole wheat pizza dough
topped with low fat pizza
cheese, served with two
nutritious sides and milk