



# B F Middle School Breakfast Menu

**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 & Milk  
**Breakfast Price Students: 1.00**      **Breakfast Price Adults: a la carte**

Monday 5/3/10	Tuesday 5/4/10	Wednesday 5/5/10	Thursday 5/6/10	Friday 5/7/10
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 Cinnamon Bun Fruit or Juice Milk	Today's Special Breakfast Pizza Fruit or Juice Milk	Today's Special Scrambled Eggs Grilled English Fruit or Juice & Milk
Monday 5/10/10	Tuesday 5/11/10	Wednesday 5/12/10	Thursday 5/13/10	Friday 5/14/10
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 Grilled English Fruit or Juice Milk	Today's Special French Toast Sticks Sausage Patty Fruit or Juice Milk	Today's Special Egg and Melted Cheese on English Fruit or Juice Milk
Monday 5/17/10	Tuesday 5/18/10	Wednesday 5/19/10	Thursday 5/20/10	Friday 5/21/10
Today's Special Warm Bagel w/Cream Cheese 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 w/ Fruit or Juice Milk	Today's Special Breakfast Burrito Fruit or Juice Milk
Monday 5/24/10	Tuesday 5/25/10	Wednesday 5/26/10	Thursday 5/27/10	Friday 5/28/10
Today's Special Pancakes w/Syrup Sausage Patty Fruit or Juice Milk	Today's Special Scrambled Eggs w/ Sausage Crumbles Grilled English 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 5/31/10				
No School				<i>May is National Bike Month</i>

**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, The Dutton Farm, The Miller Farm, Four Corners Farm, Green Mountain Orchards, Vermont Bread, Grafton Village*

