

Bellows Falls Middle School

May 2010



Farm Fresh Focus
 This month we are
Featuring
Local Hydroponic
Tomatoes
School Tasting 5/18


Monday 5/3/10	Tuesday 5/4/10	Wednesday 5/5/10	Thursday 5/6/10	Friday 5/7/10
Sandwich, Soup And Salad Grilled Ham & Cheese Sandwich Tomato Soup Garden Salad Fresh Apple	Colonel's Favorite Crispy Chicken Chunks Dipping Sauce Smashed Potatoes Green Peas Wheat Dinner Roll Orange Wedges	 Mexican Cheesy Mac & Beef Corn Bread Green Beans Fruit Cocktail	Let's Talk Turkey Roast Turkey Dinner Mashed Potatoes Sweet Green Peas Cranberry Sauce Apple Crisp	Build It Bar Fiesta Chicken Nachos w/ Chopped Tomatoes, Peppers, Onions Seasoned Rice Salsa Peaches
Monday 5/10/10	Tuesday 5/11/10	Wednesday 5/12/10	Thursday 5/13/10	Friday 5/14/10
Chuck Wagon Wrangle Ranch Hand BBQ Meatloaf Smashed Potatoes Seasoned Carrots Warm Corn Bread Baked Peas	Acapulco Fest Chicken Fajita Spanish Rice Mexicali Corn Pears	North End Favorite Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Peaches	Carved To Order Herbed Roast Pork Mashed Potatoes Wheat Dinner Roll Green Beans Fruit Pandowdy	Baked Potato Bar Baked Potato w/ Homemade Chili Con Carne Dinner Roll Steamed Broccoli Nacho Sauce Chocolate Pudding
Monday 5/17/10	Tuesday 5/18/10	Wednesday 5/19/10	Thursday 5/20/10	Friday 5/21/10
All American Homemade Shepherd's Pie Garlic Roll Garden Salad Fresh Assorted Fruit	Fresh Picks Tossed To Order Chicken Caesar Salad Local Hydroponic Tomatoes Roasted Potatoes Pita Bread Orange Wedges	Italian Street Fest Pasta Bar Chicken Alfredo Garlic Roll Caesar Salad Blueberry Cobbler	Brunch For Lunch French Toast Sticks Syrup Hash Browns Sausage Patty Carrot Sticks Fruit Cup	Wok For Life Spicy Chicken Stir Fry Tokyo Rice Asian Veggies Mandarin Orange Segments
Monday 5/24/10	Tuesday 5/25/10	Wednesday 5/26/10	Thursday 5/27/10	Friday 5/28/10
Mexican Monday Beef & Cheese Burritos Fiesta Rice Sweet Corn Salsa Fruit Cup	Little Italy Chicken Parmesan Spicy Italian Potato Chunks Parmesan Roll Green Peas Apple Crisp	All Time Favorite Homemade Macaroni & Cheese Garlic Bread Healthy Garden Salad Orange Wedges	Southern Hospitality Oven Baked Chicken Mashed Potatoes Cornbread Green Beans Strawberry Cup	Smokey Joe's BBQ BBQ Pulled Pork on a Roll Oven Fries Baked Beans Fruit Cobbler
Monday 5/31/10				
No School Memorial Day 		Hydroponic Tomatoes are Fresh Tomatoes that are grown in a water solution rather than in soil		Farm Fresh Milk is served with Every Meal



Lean meats, cheeses and daily choices of deli salads made to order on breads & rolls with fresh veggie toppings. Served with two nutritious sides and milk.



One Special Entrée Salad of the day prepared fresh daily served with baked bread or pita and milk.



Whole wheat pizza dough topped with low-fat pizza cheese. Served with two nutritious sides and milk



Grab-n-Go hot sandwiches served with two nutritious sides and milk



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 Cheese.

Any Questions or Comments, Please Contact Your Food Service Director John D. Ayer @ 802-463-3944 x232

