



A Division of Caf  Services

# Bellows Falls Middle School

## March 2010

# Farm Fresh Focus

This month we are  
Featuring:  
*Turnip and Green Cabbage*  
**School Tasting**  
March 17th & 19th

Monday 3/1/10	Tuesday 3/2/10	Wednesday 3/3/10	Thursday 3/4/10	Friday 3/5/10
<b>The Chicken Coop</b> Chicken Tenders Dipping Sauce Rice Pilaf Wheat Roll Green Beans Fruit Cocktail	<b>Tijuana Tuesday</b> Beef Tacos Spanish Rice Mexicali Corn Apple Sauce	<b>Tour of Sicily</b> Chicken and Broccoli Pasta Alfredo Garlic Bread Crisp Caesar Salad Pears	<b>Carved To Order</b> Herb Roast Pork Mashed Potatoes Maple Glazed Carrots Fresh Baked Roll Warm Apple Crisp	<b>Tossed To Order</b> Buffalo Chicken Caesar Salad Parmesan & Croutons Pita Bread Fresh Assorted Fruit
Monday 3/8/10	Tuesday 3/9/10	Wednesday 3/10/10	Thursday 3/11/10	Friday 3/12/10
<b>Yankee Peddler</b> Baked Shepherd's Pie Warm Dinner Roll Green Beans Fruit Cocktail	<b>Brunch For Lunch</b> French Toast Sticks Syrup Sausage Links Hash Browns Strawberry Cup	<b>The Impastable Dream</b> Home Made Baked Mac and Cheese Hot Dog Fresh Green Salad Peach Cup	<b>New England</b> Homemade Chicken Pot Pie w/Peas & Carrots Warm Biscuit Mashed Potatoes Pears	<b>Build It Bar</b> Baked Potato w/ Chili, Cheese Sour Cream Warm Rolls Steamed Broccoli Apple Cobbler
Monday 3/15/10	Tuesday 3/16/10	Wednesday 3/17/10	Thursday 3/18/10	Friday 3/19/10
<b>The Big Cheese</b> Baked Mozzarella Cheese Sticks Marinara Dipping Sauce Oodles of Noodles Seasoned Carrots Fresh Mac Apple	<b>Southern Hospitality</b> Oven Fried Chicken Smashed Potatoes Warm Corn Bread Green Peas Sweet Georgia Peaches	<b>St Patrick's Day</b> Ham Dinner Baked Ham Parslied Potatoes <b>Mashed Turnip</b> <b>Green Cabbage</b> Dinner Roll Leprechaun Lime Jell-o w/ Topping	<b>Fiesta Ole`</b> Chicken Fajitas Seasoned Rice Sweet Corn Pineapple Chunks	<b>Fisherman's Platter</b> Crispy Fish 'n Chips Fresh Local Cabbage Coleslaw Dinner Roll Strawberry Shortcake
Monday 3/22/10	Tuesday 3/23/10	Wednesday 3/24/10	Thursday 3/25/10	Friday 3/26/10
<b>Chuck Wagon Ranch Special</b> Ranch Hand Meatloaf Smashed Potatoes Wheat Roll Seasoned Corn Fruit Cup	<b>Northern Comfort</b> Hot Open Face Turkey Sandwich Stuffing, Gravy Sweet Peas Cranberry Sauce Pears	<b>That's Italian</b> Spaghetti and Meatballs Garlic Bread Caesar Salad Blueberry Crisp	<b>BBQ Bonanza</b> BBQ Riblet On A Bun Roasted Garlic Potatoes BBQ Baked Beans Jamboree Jell-o	<b>Wok'n Noodle</b> Spicy Chicken and Veggie Stir Fry Sesame Noodles Pineapple Tidbits
Monday 3/29/10	Tuesday 3/30/10	Wednesday 3/31/10		
<b>Super Nacho Bar</b> Nachos Grande w/ Chili, Cheese Sauce Salsa Garden Salad Fresh Mac Apple	<b>Chicken Mania</b> Chicken Parmesan Italian Roasted Potatoes Wheat Dinner Roll Green Beans Peaches	<b>Mamma Mia</b> Baked Ziti with Homemade Meat Sauce Garlic Roll Heart Healthy Salad Fruit Pandowdy	<b>March is National Nutrition Month</b> Eat Smart, Think Smart!	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.

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 Vermont Farm Fresh Milk.

One Special Entr e Salad of the day prepared fresh daily served with baked bread or pita and Vermont Farm Fresh Milk.



Caf  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  
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