



A Division of Café Services

# BFLHS

## February 2010



**Farm Fresh Focus**  
 This month we are  
 Featuring:  
**Onions**  
 School Tasting  
 2/25/10

Monday 2/1/10	Tuesday 2/2/10	Wednesday 2/3/10	Thursday 2/4/10	Friday 2/5/10
Tailgaters Special Super Bowl of Chili Con Carne Nachos w/ All The Fixins Fruit Cobbler	<b>Chinese New Year Celebration!</b> General's Chicken W/ Asian Vegetables Fried Rice Pineapple Chunks	That's Italian Baked Stuffed Rigatoni w/ Meat Sauce Garlic Bread Caesar Salad Sliced Peaches	New England Favorite Homemade Chicken Pot Pie w/ Peas & Carrots Mashed Potatoes Fruit Cocktail	Chuck Wagon Roundup Ranch Hand Meatloaf Country Mashed Potatoes Green Beans Dinner Roll Jamboree Jell-o
Monday 2/8/10	Tuesday 2/9/10	Wednesday 2/10/10	Thursday 2/11/10	Friday 2/12/10
Mexican Monday Chicken Fajita's Spanish Rice Mexicali Corn Fresh Orange Wedges	Brunch For Lunch! French Toast Sticks w/ Syrup Ham Steak Hash Browns Strawberry Cup	Pasta Pasta Piping Hot Homemade Macaroni & Cheese Garlic Bread Sweet Peas Blueberry Crisp	<b>Valentine's Lunch</b> Chicken Tenders Dipping Sauce Romantic Rice Cupid's Carrot Spears Sweetheart Red Jell-o w/ Fruit	Smoky Joe's BBQ Sweet To Heat Pulled BBQ Pork Bulky Spicy Fries Kansas City Slaw Fresh Mac Apple
Monday 2/15/10	Tuesday 2/16/10	Wednesday 2/17/10	Thursday 2/18/10	Friday 2/19/10
Vacation	Vacation	Vacation	Vacation	Vacation
Monday 2/22/10	Tuesday 2/23/10	Wednesday 2/24/10	Thursday 2/25/10	Friday 2/26/10
President's Lunch All American Sheppard's Pie Wheat Dinner Roll Green Beans Red White & Blue Fruit Cup	<b>Mardi Gras Carnival</b> <b>Fat Tuesday!</b> Cajun Chicken Strips w/ Creole Salsa Louisiana Rice Corn Bread Bayou Pears	Tossed To Order Cheese Tortellini w/ Meat Sauce Or Alfredo Sauces Garlic Bread Crisp Garden Salad Fruit Cocktail	Build It Bar Build Your Own Hot Dog! Chili, Cheese Sauce, Kraut, Local Chopped Onions Roasted Potatoes Steamed Broccoli Fruit Pandowdy	Made To Order Buffalo Chicken Caesar Salad Warm Rolls Fresh Mac Apple
			<b>Black History Month</b> 	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 MILK.



One Special Entrée Salad of the day prepared fresh daily served with baked bread or pita 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, Westminster Organics



Any questions or comments, Please contact Your  
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