

Cafe Breakfast

One Student Breakfast Meal is FREE

All Breakfast entrees are served with
Fruit or Veggies and Milk

*Egg Sandwiches

with choices such as bacon, sausage,
cheese & ham

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Breakfast Tornadoes

Scrambled Eggs, Cheese w/ Bacon or Sausage

*Bagels

with choices such as cream cheeses, tomatoes,
red onions, capers, jams, nut butters
Hummus & veggies

*Avocado Toast

Topped with Everything Bagel Seasonings
and Veggie Choices

Breakfast Burrito & Bowl Bar

Scrambled Eggs, Sausage & Bacon Crumbles,
Diced Homefries & many selections that are on
our famous Lunch Burrito Bar

Waffle & Yogurt Parfait Bar

Assorted toppings to add to your selected
Waffle or yogurt parfaits

*Other Selections

Cereals, Muffins, Pancakes, French Toast,
Granola Bars, Smoothies & Whole Grain Donuts

*Gluten Free & Vegetarian items

Available upon request

Proud to serve Vermont Coffee Company



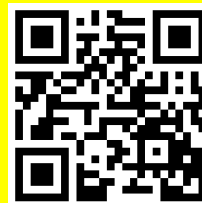
♦ COFFEE ROASTED FOR FRIENDS ♦

Please make account deposits
by cash or check to your house
office or directly to the Café' by 10:00AM
You MUST have money in your account
prior to purchasing a 2nd Meal, Extra
Entrees or any Extra Cost Snacks
and Beverages

*Student deposits may also be made
on-line by registering with



CVU Café strives to serve as many
Fresh & Local Products as possible
We are proud to have partnered w/
Vermont Fresh Network since 2012



<http://vermontfresh.net>
<http://café.cvuhs.org>

Menus, specials, allergen information
nutritionals & other information can be
obtained by visiting café.cvuhs.org

Leo LaForce
Food Service Director
lforce@cvsdvt.org or 482-7176

Colleen French
Assistant food Service Director
cfrench@cvsdvt.org or 482-7173

This institution is an equal opportunity
provider



Redhawk Cafe

Committed to serving students
a high quality, well-balanced,
nutritious meal that will keep them
motivated, focused & healthy



*Breakfast

8:00 AM to 10:00 AM

*Lunch

12:00 PM to 1:40 PM

*Times may vary with changes to
the school schedule

Design your own Sandwich Bar

One Student Lunch Meal is FREE

Includes fruit, salad bar veggie & ice cold milk

Made fresh to order

Choose a Ciabatta Roll or Wrap

Choice of Meats or Alternative Protein:

Ham, Turkey, Chicken Tenders, Tuna Salad,
Chicken Salad or Hummus

Choice of Cheese:

American, Cheddar, Mozzarella

Vegetable Choices:

Spinach, Lettuce, Tomato, Red Onion, Pickle,
Cucumber, Shredded Carrot

Sauce Choices:

Pesto Spread, Ranch Dressing, Honey-Mustard,
Buffalo, BBQ Sauce or Garlic Aioli, Maple-Tahini

Gluten Free options are available upon request

Grab n Go Hot Panini Bar

Freshly Grilled on a Ciabatta Roll

Chicken Tenders, Cheddar, Red Onion,
Fresh Spinach & Buffalo-Ranch Sauce

Deli Turkey, Bacon, Cheddar,
Crisp Lettuce, Tomato & Garlic Aioli Dressing

✓ VT Falafel with fresh Spinach, Tomato
& Maple-Tahini Dressing

PLUS a Delicious Monthly Panini Special filled
with fresh local ingredients

Gluten Free options are available upon request

Center Bar Special Entrees

House specials are posted on the
café website

"MEATLESS MONDAY"

Featuring Meatless Specials
& Pasta Bar with a "Top it Yourself Bar"

✓ *Every Wednesday-Asian Inspired specials
such as Mandarin Orange & General Tso's
Chicken, Tofu, or Tempeh

*Plus Asian inspired items in the grill Area

Design your own Burrito Bar

Made fresh to order

Start with Your Choice of Shell

A warm flour Burrito Wrap
Two hard shell Corn Tacos
Nacho Corn Chips

✓ Choose Meat or Alternative Protein
Tofu Sofritas
Seasoned Chicken
Seasoned Taco Meat
Seasoned Black or Refried Beans

Continue with Hot Selections
Spicy Street-Style Yellow Corn
Seasoned mixed grain rice
Warm Queso Sauce

Continue with Cold Selections
Shredded Cheddar Cheese
Fresh Diced Tomatoes
Chopped Lettuce
Guacamole

Finish with Sauce
Spicy Taco Sauce
Sour Cream

Gluten Free options are available upon request

Weekly Grill Side Entrees

One Student Lunch Meal is FREE

Includes fruit, salad bar, veggie & ice cold milk

Meatless Monday

Buffalo Veggie Chicken Nuggets
with Cauliflower Bites

✓ Impossible Burger served with chips

Tuesdays

Chicken Patty Sandwich with Tater Tots
✓ Veggie Chicken Sandwich with Tater Tots
VT Pizza & Pasta Co. Selections

Wednesday

Chicken Dumplings with fried rice
Veggie or Pork Eggrolls with fried rice

Thursday

Bacon Cheeseburger, Ground Turkey Burger,
✓ VT Black Bean Burger or Salmon Burger
All served with Baked fries & Topping Bar

Friday

Assorted Domino's Pizza Selections
Italian Sausage Sub with sautéed
Onion & Peppers
✓ Choose from Veggie Sausage or VT Sausage

Grab & Go Daily Choices

Grab-n-go Sandwiches

Specialty Grilled Cheeses, PB & J's
Deli-Wrapped Sandwiches
Includes fruit, salad bar, veggie & ice cold milk

Assorted Large Specialty Salads
with revolving options
Comes with fruit & an ice cold milk

Fresh Home Made Soup & Salad Bar Meal
A large Fresh Garden Salad & a bowl of our
house made soup of the day, fruit
& an ice cold milk

Gluten Free options are available upon request