


BRADFORD ELEMENTARY SCHOOL - BREAKFAST MENU

BES is proud to offer free breakfast and lunch to all students!

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE *This institution is an equal opportunity provider.*

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST & LUNCH IS FREE TO ALL CHILDREN THROUGH THE STATE OF VERMONT	Breakfast is served every morning from 7:30-8:00 am in the cafeteria. Each reimbursable breakfast contains at least two ounces of whole grain rich options, choice of one cup of fruit or juice, and 8 fluid ounces of 1% or skim milk.			
<p>Option 1: Assorted Cold Cereal w/Apple Cinnamon Muffin or Zucchini Bread Slice</p> <p>Option 2: Pancakes w/ Vermont Maple Syrup & Scrambled Eggs</p> <p>Served with a choice of: Fruit or 4-oz 100% Juice Milk Choice</p>	<p>Option 1: Assorted Cold Cereal w/Apple Cinnamon Muffin or Zucchini Bread Slice</p> <p>Option 2: Cheese Omelet with Whole Grain Toast</p> <p>Served with a choice of: Fruit or 4-oz 100% Juice Milk Choice</p>	<p>Option 1: Assorted Cold Cereal w/Apple Cinnamon Muffin or Zucchini Bread Slice</p> <p>Option 2: Bagel & Cream Cheese w/Cabot Vanilla Yogurt</p> <p>Served with a choice of: Fruit or 4-oz 100% Juice Milk Choice</p>	<p>Option 1: Assorted Cold Cereal w/Apple Cinnamon Muffin or Zucchini Bread Slice</p> <p>Option 2: Breakfast Sandwiches (Sausage, Egg and Cheese)</p> <p>Served with a choice of: Fruit or 4-oz 100% Juice Milk Choice</p>	<p>Option 1: Assorted Cold Cereal w/Apple Cinnamon Muffin or Zucchini Bread Slice</p> <p>Option 2: Yogurt Parfaits w/fruit, granola, and a homemade muffin</p> <p>Served with a choice of: Fruit or 4-oz 100% Juice Milk Choice</p>

Allergens:

Dairy: Cow's milk, Cream Cheese, Breakfast Sandwich, French Toast & Yogurt

Oats: Cheerios (one cereal option)

Wheat: Raisin Bran (second cereal option), Bagels, Apple & Cinnamon Muffin, Pancakes, Breakfast Sandwich & French Toast

Egg: Scrambled eggs (made dairy free), Apple & Cinnamon Muffin, Pancakes, Breakfast Sandwich & French Toast

Soy: Breakfast Sandwich

Water is available to all students at each meal service.