

Breakfast is **free** for all students!

**happiness** 😊 **guaranteed**

April 2019

**Northeast School Breakfast Menu**

**GRAB & GO BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	2 <b>Whole Grain Bagel &amp; Cream Cheese</b> Fresh Fruit 1% or Skim Milk Choices	3 <b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	4 <b>Upstate Farm Yogurt</b> <b>Whole Grain Muffin</b> Fresh Fruit 1% or Skim Milk Choices	5 <b>French Toast Sticks</b> Fresh Fruit 1% or Skim Milk Choices
8 <b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	9 <b>Whole Grain Bagel &amp; Cream Cheese</b> Fresh Fruit 1% or Skim Milk Choices	10 <b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	11 <b>Upstate Farm Yogurt</b> <b>Whole Grain Muffin</b> Fresh Fruit 1% or Skim Milk Choices	12 <b>Mini Cinnis</b> Fresh Fruit 1% or Skim Milk Choices
15 No School	16 No School 	17 No School <i>get out and play !! 😊</i>	18 No School 	19 No School
22 <b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	23 <b>Whole Grain Bagel &amp; Cream Cheese</b> Fresh Fruit 1% or Skim Milk Choices	24 <b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	25 <b>Upstate Farm Yogurt</b> <b>Whole Grain Muffin</b> Fresh Fruit 1% or Skim Milk Choices	26 <b>Mini Pancakes</b> Fresh Fruit 1% or Skim Milk Choices
29 <b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	30 <b>Whole Grain Bagel &amp; Cream Cheese</b> Fresh Fruit 1% or Skim Milk Choices	1 <b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	2 <b>Upstate Farm Yogurt</b> <b>Whole Grain Muffin</b> Fresh Fruit 1% or Skim Milk Choices	3 <b>Mini Cinnis</b> Fresh Fruit 1% or Skim Milk Choices

This institution is an equal opportunity provider.

\*Menu subject to change without notice\*



**I SCHOOL BREAKFAST**

**Breakfast is free for all students!**

**Vernon Public Schools**  
Food & Nutrition Services  
Elizabeth Fisher, MS, RD  
efisher@vernon-ct.gov  
860-896-4682