

Breakfast is **free** for all students!

February 2019

happiness 😊 **guaranteed**

Northeast School Breakfast Menu

GRAB & GO BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
4 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	5 Whole Grain Bagel & Cream Cheese Fresh Fruit 1% or Skim Milk Choices	6 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	7 Upstate Farm Yogurt Whole Grain Muffin Fresh Fruit 1% or Skim Milk Choices	8 Mini Pancakes Fresh Fruit 1% or Skim Milk Choices
11 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	12 Whole Grain Bagel & Cream Cheese Fresh Fruit 1% or Skim Milk Choices	13 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	14 Upstate Farm Yogurt Whole Grain Muffin Fresh Fruit 1% or Skim Milk Choices	15 No School
18 No School	19 Whole Grain Bagel & Cream Cheese Fresh Fruit 1% or Skim Milk Choices	20 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	21 Upstate Farm Yogurt Whole Grain Muffin Fresh Fruit 1% or Skim Milk Choices	22 Mini Cinnis Fresh Fruit 1% or Skim Milk Choices
25 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	26 Whole Grain Bagel & Cream Cheese Fresh Fruit 1% or Skim Milk Choices	27 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	28 Upstate Farm Yogurt Whole Grain Muffin Fresh Fruit 1% or Skim Milk Choices	1 Mini Pancakes Fresh Fruit 1% or Skim Milk Choices

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This institution is an equal opportunity provider.

Menu subject to change without notice



The Dietary Guidelines for Americans recommend that boys and girls ages 8-13 eat at least 1.5 cups of fruit each day. At school, children are allowed to select two fruits at breakfast and 1 fruit at lunch to make up 1.5 cups of fruit.

Vernon Public Schools
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