

happiness  **guaranteed**


February 2019
VCMS Breakfast Menu

Breakfast Price \$1.75 per day

Monday	Tuesday	Wednesday	Thursday	Friday
4 Main Entrée: Mini Cinnis	5 Main Entrées: Breakfast Sliders	6 Main Entrées: Banana Bread	7 Main Entrées: Mini Pancakes	8 Main Entrées: French Toast Sticks
11 Main Entrées: Mini Cinnis	12 Main Entrées: Breakfast Sliders	13 Main Entrées: Banana Bread	14 Main Entrées: Mini Pancakes	15 No School
18 No School	19 Main Entrées: Breakfast Sliders	20 Main Entrées: Banana Bread	21 Main Entrées: Mini Pancakes	22 Main Entrées: French Toast Sticks
25 Main Entrées: Mini Cinnis	26 Main Entrées: Breakfast Sliders	27 Main Entrées: Banana Bread	28 Main Entrées: Mini Pancakes	1 Main Entrées: French Toast Sticks

Menu subject to change without notice

Breakfast Includes:
One main entree and 1-2 sides*
OR
No main entree and 3-4 sides*
***One side must be a fruit**



Breakfast Sides
available daily
Whole Grain Muffin
Reduced-Sugar Cereal
Graham Crackers
Fat-Free Yogurt
100% Fruit Juice
Assorted Fruit Options
Fat Free or 1% Milk



This institution is an equal opportunity provider.

The Dietary Guidelines for Americans recommend that boys and girls ages 8-14 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.**

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