




Breakfast is **free** for all students!

March 2019

**happiness** 😊 **guaranteed**

**Northeast School Breakfast Menu**

**GRAB & GO BREAKFAST**

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
<b>National School Breakfast Week - Start Your Engines with School Breakfast!</b>				
 <b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	<b>Whole Grain Bagel &amp; Cream Cheese</b> Fresh Fruit 1% or Skim Milk Choices	<b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	<b>Upstate Farm Yogurt</b> <b>Whole Grain Muffin</b> Fresh Fruit 1% or Skim Milk Choices	  <b>Breakfast Burrito</b> Fresh Fruit 1% or Skim Milk Choices
11	12	13	14	15
<b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	<b>Whole Grain Bagel &amp; Cream Cheese</b> Fresh Fruit 1% or Skim Milk Choices	<b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	<b>Upstate Farm Yogurt</b> <b>Whole Grain Muffin</b> Fresh Fruit 1% or Skim Milk Choices	<b>French Toast Sticks</b> Fresh Fruit 1% or Skim Milk Choices
18	19	20	21	22
No School	<b>Whole Grain Bagel &amp; Cream Cheese</b> Fresh Fruit 1% or Skim Milk Choices	<b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	<b>Upstate Farm Yogurt</b> <b>Whole Grain Muffin</b> Fresh Fruit 1% or Skim Milk Choices	<b>Mini Cinnis</b> Fresh Fruit 1% or Skim Milk Choices
25	26	27	28	29
<b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	<b>Whole Grain Bagel &amp; Cream Cheese</b> Fresh Fruit 1% or Skim Milk Choices	<b>Breakfast Break Cereal Kit</b> 100% Fruit Juice 1% or Skim Milk Choices	<b>Upstate Farm Yogurt</b> <b>Whole Grain Muffin</b> Fresh Fruit 1% or Skim Milk Choices	<b>Mini Pancakes</b> Fresh Fruit 1% or Skim Milk Choices

Breakfast is **free** for all students!



**Start Your Engines with School Breakfast!**

The National School Breakfast Week campaign theme, "Start Your Engines," reminds the entire school community that school breakfast provides a healthy and energizing start to the day for students. Grab your breakfast at the NES cafeteria every morning!



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

This institution is an equal opportunity provider.

\*Menu subject to change without notice\*