

Breakfast is **free** for all students!

happiness  **guaranteed**

January 2019

Northeast School Breakfast Menu

GRAB & GO BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
31 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	1 Whole Grain Bagel & Cream Cheese Fresh Fruit 1% or Skim Milk Choices	2 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	3 Upstate Farm Yogurt Whole Grain Muffin Fresh Fruit 1% or Skim Milk Choices	4 French Toast Sticks Fresh Fruit 1% or Skim Milk Choices
7 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	8 Whole Grain Bagel & Cream Cheese Fresh Fruit 1% or Skim Milk Choices	9 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	10 Upstate Farm Yogurt Whole Grain Muffin Fresh Fruit 1% or Skim Milk Choices	11 Waffle Sticks Fresh Fruit 1% or Skim Milk Choices
14 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	15 Whole Grain Bagel & Cream Cheese Fresh Fruit 1% or Skim Milk Choices	16 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	17 Upstate Farm Yogurt Whole Grain Muffin Fresh Fruit 1% or Skim Milk Choices	18 Mini Pancakes Fresh Fruit 1% or Skim Milk Choices
21 No School	22 Whole Grain Bagel & Cream Cheese Fresh Fruit 1% or Skim Milk Choices	23 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	24 Upstate Farm Yogurt Whole Grain Muffin Fresh Fruit 1% or Skim Milk Choices	25 French Toast Sticks Fresh Fruit 1% or Skim Milk Choices
28 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	29 Whole Grain Bagel & Cream Cheese Fresh Fruit 1% or Skim Milk Choices	30 Breakfast Break Cereal Kit 100% Fruit Juice 1% or Skim Milk Choices	31 Upstate Farm Yogurt Whole Grain Muffin Fresh Fruit 1% or Skim Milk Choices	1 Waffle Sticks 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
Food & Nutrition Services**

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