

Breakfast is **free** for all students!
happiness  **guaranteed**

January 2019

Skinner Road School Breakfast Menu

GRAB & GO BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal & Graham Cracker or Muffin & Graham Cracker <i>Includes Fresh Fruit Skim or 1% Milk Choice</i></p>	<p>1</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal Jumpstart Kit or Muffin & Graham Cracker <i>Includes 100% Fruit Juice Skim or 1% Milk Choice</i></p>	<p>2</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal & Graham Cracker or Muffin & Graham Cracker <i>Includes Fresh Fruit Skim or 1% Milk Choice</i></p>	<p>3</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal Jumpstart Kit or Muffin & Graham Cracker <i>Includes 100% Fruit Juice Skim or 1% Milk Choice</i></p>	<p>4</p> <p>French Toast Sticks Cereal Fresh Fruit 1% or Skim Milk Choices</p>
<p>7</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal & Graham Cracker or Muffin & Graham Cracker <i>Includes Fresh Fruit Skim or 1% Milk Choice</i></p>	<p>8</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal Jumpstart Kit or Muffin & Graham Cracker <i>Includes 100% Fruit Juice Skim or 1% Milk Choice</i></p>	<p>9</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal & Graham Cracker or Muffin & Graham Cracker <i>Includes Fresh Fruit Skim or 1% Milk Choice</i></p>	<p>10</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal Jumpstart Kit or Muffin & Graham Cracker <i>Includes 100% Fruit Juice Skim or 1% Milk Choice</i></p>	<p>11</p> <p>ZOONINI Bread Cereal Fresh Fruit 1% or Skim Milk Choices</p>
<p>14</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal & Graham Cracker or Muffin & Graham Cracker <i>Includes Fresh Fruit Skim or 1% Milk Choice</i></p>	<p>15</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal Jumpstart Kit or Muffin & Graham Cracker <i>Includes 100% Fruit Juice Skim or 1% Milk Choice</i></p>	<p>16</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal & Graham Cracker or Muffin & Graham Cracker <i>Includes Fresh Fruit Skim or 1% Milk Choice</i></p>	<p>17</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal Jumpstart Kit or Muffin & Graham Cracker <i>Includes 100% Fruit Juice Skim or 1% Milk Choice</i></p>	<p>18</p> <p>Mini Pancakes Cereal Fresh Fruit 1% or Skim Milk Choices</p>
<p>21</p> <p>NO SCHOOL</p>	<p>22</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal Jumpstart Kit or Muffin & Graham Cracker <i>Includes 100% Fruit Juice Skim or 1% Milk Choice</i></p>	<p>23</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal & Graham Cracker or Muffin & Graham Cracker <i>Includes Fresh Fruit Skim or 1% Milk Choice</i></p>	<p>24</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal Jumpstart Kit or Muffin & Graham Cracker <i>Includes 100% Fruit Juice Skim or 1% Milk Choice</i></p>	<p>25</p> <p>French Toast Sticks Cereal Fresh Fruit 1% or Skim Milk Choices</p>
<p>28</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal & Graham Cracker or Muffin & Graham Cracker <i>Includes Fresh Fruit Skim or 1% Milk Choice</i></p>	<p>29</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal Jumpstart Kit or Muffin & Graham Cracker <i>Includes 100% Fruit Juice Skim or 1% Milk Choice</i></p>	<p>30</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal & Graham Cracker or Muffin & Graham Cracker <i>Includes Fresh Fruit 1% Milk Choice</i></p>	<p>31</p> <p>Your Choice of Breakfast Combo: Bagel & Cream Cheese or Yogurt & Graham Cracker or Cereal Jumpstart Kit or Muffin & Graham Cracker <i>Includes 100% Fruit Juice Skim or 1% Milk Choice</i></p>	<p>1</p> <p>ZOONINI Bread Cereal Fresh Fruit 1% or Skim Milk Choices</p>



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I  SCHOOL BREAKFAST

Menu subject to change without notice
 This institution is an equal opportunity provider.



Don't forget your fruit!

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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