

happiness  **guaranteed**

January 2019


VCMS Breakfast Menu

Breakfast Price \$1.75 per day

Monday	Tuesday	Wednesday	Thursday	Friday
31 These items are available every day! Whole Grain Muffins, Reduced-Sugar Cereal, Graham Cracker, Fat-Free Yogurt, 100% Fruit Juice, Assorted Fruit Options, Fat Free or 1% Milk	1 	2 Main Entrées: Banana Bread Bagel & Cream Cheese	3 Main Entrées: Mini Pancakes Bagel & Cream Cheese	4 Main Entrées: French Toast Sticks Bagel & Cream Cheese
7 Main Entrées: Mini Cinnis Bagel & Cream Cheese	8 Main Entrées: Breakfast Sliders Bagel & Cream Cheese	9 Main Entrées: Banana Bread Bagel & Cream Cheese	10 Main Entrées: Mini Pancakes Bagel & Cream Cheese	11 Main Entrées: French Toast Sticks Bagel & Cream Cheese
14 Main Entrées: Mini Cinnis Bagel & Cream Cheese	15 Main Entrées: Breakfast Sliders Bagel & Cream Cheese	16 Main Entrées: Banana Bread Bagel & Cream Cheese	17 Main Entrées: Mini Pancakes Bagel & Cream Cheese	18 Main Entrées: French Toast Sticks Bagel & Cream Cheese
21 No School	22 Main Entrées: Breakfast Sliders Bagel & Cream Cheese	23 Main Entrées: Banana Bread Bagel & Cream Cheese	24 Main Entrées: Mini Pancakes Bagel & Cream Cheese	25 Main Entrées: French Toast Sticks Bagel & Cream Cheese
28 Main Entrées: Mini Cinnis Bagel & Cream Cheese	29 Main Entrées: Breakfast Sliders Bagel & Cream Cheese	30 Main Entrées: Banana Bread Bagel & Cream Cheese	31 Main Entrées: Mini Pancakes Bagel & Cream Cheese	1 Main Entrées: French Toast Sticks Bagel & Cream Cheese

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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