

**happiness**  **guaranteed**

**January 2019**

**LSS/CRS/MSS School Breakfast Menu**

**Breakfast Price \$1.50 per day**

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
<p>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</p>		<p>Main Entrées: <b>Banana Bread</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>Mini Cinnis</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>French Toast Sticks</b> Bagel &amp; Cream Cheese</p>
7	8	9	10	11
<p>Main Entrées: <b>Mini Pancakes</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>Mini Waffles</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>Banana Bread</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>Mini Cinnis</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>French Toast Sticks</b> Bagel &amp; Cream Cheese</p>
14	15	16	17	18
<p>Main Entrées: <b>Mini Pancakes</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>Mini Waffles</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>Banana Bread</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>Mini Cinnis</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>French Toast Sticks</b> Bagel &amp; Cream Cheese</p>
21	22	23	24	25
No School	<p>Main Entrées: <b>Mini Waffles</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>Banana Bread</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>Mini Cinnis</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>French Toast Sticks</b> Bagel &amp; Cream Cheese</p>
28	29	30	31	1
<p>Main Entrées: <b>Mini Pancakes</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>Mini Waffles</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>Banana Bread</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>Mini Cinnis</b> Bagel &amp; Cream Cheese</p>	<p>Main Entrées: <b>French Toast Sticks</b> Bagel &amp; Cream Cheese</p>



*Fruit available every morning!*

*\*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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**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

**I  SCHOOL BREAKFAST**

This institution is an equal opportunity provider.