

**happiness** 😊 **guaranteed**

**January 2019**

**LSS/CRS Pre-K Breakfast Menu**

**Breakfast Price \$1.50 per day**

Monday	Tuesday	Wednesday	Thursday	Friday
31 No School	1 No School	2 <b>Whole Grain Muffin</b> Fresh or Cupped Fruit Skim or 1% Milk	3 <b>Yogurt &amp; Graham Crackers</b> Fresh or Cupped Fruit Skim or 1% Milk	4 <b>Assorted Hot Breakfast!</b> Fresh or Cupped Fruit Skim or 1% Milk
7 <b>Assorted Cereal</b> Fresh or Cupped Fruit Skim or 1% Milk	8 <b>Bagel &amp; Cream Cheese</b> Fresh or Cupped Fruit Skim or 1% Milk	9 <b>Whole Grain Muffin</b> Fresh or Cupped Fruit Skim or 1% Milk	10 <b>Yogurt &amp; Graham Crackers</b> Fresh or Cupped Fruit Skim or 1% Milk	11 <b>Assorted Hot Breakfast!</b> Fresh or Cupped Fruit Skim or 1% Milk
14 <b>Assorted Cereal</b> Fresh or Cupped Fruit Skim or 1% Milk	15 <b>Bagel &amp; Cream Cheese</b> Fresh or Cupped Fruit Skim or 1% Milk	16 <b>Whole Grain Muffin</b> Fresh or Cupped Fruit Skim or 1% Milk	17 <b>Yogurt &amp; Graham Crackers</b> Fresh or Cupped Fruit Skim or 1% Milk	18 <b>Assorted Hot Breakfast!</b> Fresh or Cupped Fruit Skim or 1% Milk
21 No School	22 <b>Bagel &amp; Cream Cheese</b> Fresh or Cupped Fruit Skim or 1% Milk	23 <b>Whole Grain Muffin</b> Fresh or Cupped Fruit Skim or 1% Milk	24 <b>Yogurt &amp; Graham Crackers</b> Fresh or Cupped Fruit Skim or 1% Milk	25 <b>Assorted Hot Breakfast!</b> Fresh or Cupped Fruit Skim or 1% Milk
28 <b>Assorted Cereal</b> Fresh or Cupped Fruit Skim or 1% Milk	29 <b>Bagel &amp; Cream Cheese</b> Fresh or Cupped Fruit Skim or 1% Milk	30 <b>Whole Grain Muffin</b> Fresh or Cupped Fruit Skim or 1% Milk	31 <b>Yogurt &amp; Graham Crackers</b> Fresh or Cupped Fruit Skim or 1% Milk	1 <b>Assorted Hot Breakfast!</b> Fresh or Cupped Fruit Skim or 1% Milk



**Set the Example**  
If children see their adult role models eating fruits and vegetables, they will too!



*\*Menu subject to change without notice\**

The Dietary Guidelines for Americans recommend that boys and girls ages 2-5 eat at least 1 cup of fruit each day. **At school, children are provided with fruit at breakfast and lunch to equal 1 full cup of fruit every day.**

**Vernon Public Schools**  
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This institution is an equal opportunity provider.