

Bright Mornings BREAKFAST MENU

MARCH 2018

Vergennes Elementary School

Lisa Sprague, Manager
Lissa Gebo and Tricia Comeau,
Assistants
877-3761

Monday

Tuesday

Wednesday

Thursday

Friday

**MARCH 5-9 National School Breakfast Week – START
YOUR DAY SMART with SCHOOL BREAKFAST – New Items and
Taste Tests All Week**

PRICES
Paid Breakfast - \$1.85
Paid Lunch \$2.85
Reduced Breakfast and Lunch – FREE
Milk w/o a meal - \$.65
Adult Breakfast \$2.50 Adult Lunch \$5.00

BAKED DAY **1**
Apple Filled Bread Stick
4 oz. Yogurt
Whole Grain Cereal
Cheese Stick
Fruit Selection Milk

BAGEL DAY **2**
Assorted Whole Grain Bagels
w/ Cream Cheese or
Peanut Butter
4 oz. Yogurt
Whole Grain Cereal
Fruit Selection
Milk

5
4 oz. Yogurt
Or
Hard Boiled Egg
Homemade Granola
Whole Grain Hot or Cold Cereal
Fruit Selection
Milk

6
SYRUP DAY
Whole Grain Waffles or
French Toast Sticks
w/ Vermont Maple Syrup
Cheese Stick
Whole Grain Cereal
Fruit Selection
Milk

7
FAMILY BREAKFAST
Roll or Walk to School
*Parents invited to join students for a smart start to
everyone's day!*
Breakfast Sandwich on English Muffin
(Egg, sausage, cheese)
Whole Grain Cereal --- 4 oz. Yogurt
Fruit Selection
Milk

8
BAKED DAY
Whole Grain Biscuit
w/ sliced Strawberries
Whole Grain Cereal
Cheese Stick
Fruit Selection
Milk

9
NO SCHOOL
Parent Conferences

12
4 oz. Yogurt
Or
Hard Boiled Egg
Homemade Granola
Whole Grain Hot or Cold Cereal
Fruit Selection
Milk

13
SYRUP DAY
Whole Grain Waffles or
French Toast Sticks
w/ Vermont Maple Syrup
Cheese Stick
Whole Grain Cereal
Fruit Selection
Milk

14
EGG DAY
Scrambled Eggs
Sausage Links
Home Fries
Cinnamon Toast
Fruit Selection
Milk

15
BAKED DAY
Oatmeal Breakfast Round
(weekly variety)
4 oz. Yogurt
Whole Grain Cereal
Cheese Stick
Fruit Selection
Milk

16
BAGEL DAY
Assorted Whole Grain Bagels
w/ Cream Cheese or
Peanut Butter
4 oz. Yogurt
Whole Grain Cereal
Fruit Selection
Milk

19
4 oz. Yogurt
Or
Hard Boiled Egg
Homemade Granola
Whole Grain Hot or Cold Cereal
Fruit Selection
Milk

20
SYRUP DAY
Whole Grain Waffles or
French Toast Sticks
w/ Vermont Maple Syrup
Cheese Stick
Whole Grain Cereal
Fruit Selection
Milk

21
EGG DAY
Scrambled Eggs
Sausage Links
Home Fries
Cinnamon Toast
Fruit Selection
Milk

22
BAKED DAY
Apple Filled Bread Stick
4 oz. Yogurt
Whole Grain Cereal
Cheese Stick
Fruit Selection
Milk

23
BAGEL DAY
Assorted Whole Grain Bagels
w/ Cream Cheese or
Peanut Butter
4 oz. Yogurt
Whole Grain Cereal
Fruit Selection
Milk

26
4 oz. Yogurt
Or
Hard Boiled Egg
Homemade Granola
Whole Grain Hot or Cold Cereal
Fruit Selection
Milk

27
SYRUP DAY
Whole Grain Waffles or
French Toast Sticks
w/ Vermont Maple Syrup
Cheese Stick
Whole Grain Cereal
Fruit Selection
Milk

28
EGG DAY
Scrambled Eggs
Sausage Links
Home Fries
Cinnamon Toast
Fruit Selection
Milk

29
BAKED DAY
Whole Grain Biscuit
w/ sliced Strawberries
Whole Grain Cereal
Cheese Stick
Fruit Selection
Milk

30
NO SCHOOL
In Service Day

This institution is an equal
opportunity provider.

