

Bright Morning Breakfast

MAY 2018

Vergennes Elementary School

Lisa Sprague, Manager
Lissa Gebo and Tricia Comeau,
Assistants

Monday

Tuesday

Wednesday

Thursday

Friday

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

SYRUP DAY

1
Whole Grain Waffles or
French Toast Sticks
w/ Vermont Maple Syrup
Cheese Stick
Whole Grain Cereal
Fruit Selection
Milk

FAMILY BREAKFAST

2
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

BAKED DAY

3
Apple Filled Bread Stick
4 oz. Yogurt
Whole Grain Cereal
Cheese Stick
Fruit Selection Milk

BAGEL DAY

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

4 oz. Yogurt

Or

Hard Boiled Egg

Homemade Granola
Whole Grain Hot or Cold Cereal
Fruit Selection
Milk

SYRUP DAY

8
Whole Grain Waffles or
French Toast Sticks
w/ Vermont Maple Syrup
Cheese Stick
Whole Grain Cereal
Fruit Selection
Milk

EGG DAY

9
Scrambled Eggs
Sausage Links
Home Fries
Cinnamon Toast
Fruit Selection
Milk

BAKED DAY

10
Whole Grain Biscuit
w/ sliced Strawberries
Whole Grain Cereal
Cheese Stick
Fruit Selection
Milk

BAGEL DAY

11
Assorted Whole Grain Bagels
w/ Cream Cheese or
Peanut Butter
4 oz. Yogurt
Whole Grain Cereal
Fruit Selection
Milk

4 oz. Yogurt

Or

Hard Boiled Egg

Homemade Granola
Whole Grain Hot or Cold Cereal
Fruit Selection
Milk

SYRUP DAY

15
Whole Grain Waffles or
French Toast Sticks
w/ Vermont Maple Syrup
Cheese Stick
Whole Grain Cereal
Fruit Selection
Milk

EGG DAY

16
Scrambled Eggs
Sausage Links
Home Fries
Cinnamon Toast
Fruit Selection
Milk

BAKED DAY

17
Oatmeal Breakfast Round
(weekly variety)
4 oz. Yogurt
Whole Grain Cereal
Cheese Stick
Fruit Selection
Milk

BAGEL DAY

18
Assorted Whole Grain Bagels
w/ Cream Cheese or
Peanut Butter
4 oz. Yogurt
Whole Grain Cereal
Fruit Selection
Milk

4 oz. Yogurt

Or

Hard Boiled Egg

Homemade Granola
Whole Grain Hot or Cold Cereal
Fruit Selection
Milk

SYRUP DAY

22
Whole Grain Waffles or
French Toast Sticks
w/ Vermont Maple Syrup
Cheese Stick
Whole Grain Cereal
Fruit Selection
Milk

EGG DAY

23
Scrambled Eggs
Sausage Links
Home Fries
Cinnamon Toast
Fruit Selection
Milk

BAKED DAY

24
Apple Filled Bread Stick
4 oz. Yogurt
Whole Grain Cereal
Cheese Stick
Fruit Selection Milk

BAGEL DAY

25
Assorted Whole Grain Bagels
w/ Cream Cheese or
Peanut Butter
4 oz. Yogurt
Whole Grain Cereal
Fruit Selection
Milk

NO SCHOOL
MEMORIAL DAY

SYRUP DAY

29
Whole Grain Waffles or
French Toast Sticks
w/ Vermont Maple Syrup
Cheese Stick
Whole Grain Cereal
Fruit Selection
Milk

EGG DAY

30
Scrambled Eggs
Sausage Links
Home Fries
Cinnamon Toast
Fruit Selection
Milk

BAKED DAY

31
Whole Grain Biscuit
w/ sliced Strawberries
Whole Grain Cereal
Cheese Stick
Fruit Selection
Milk

We regularly use local products in an effort to provide our students with the healthiest food and to support our local Addison County farmers and producers.

This institution is an equal opportunity provider.