



Vergennes Elementary School Bright Mornings Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Yogurt Day</u> 4 oz Yogurt or Hard Boiled Egg</p> <p>Homemade Granola</p> <p>Fresh Fruit or 100% Juice</p> <p>1% White Milk</p>	<p><u>Syrup Day</u> French Toast Or Waffle Sticks With Maple Syrup</p> <p>Cheese Stick</p> <p>Fresh Fruit</p> <p>1% White Milk</p>	<p><u>Egg Day</u> Scrambled Eggs Sausage Link WG Cinnamon Toast Home Fries Fresh Fruit 1% White Milk</p> <p>----- First Wednesday of every month is FAMILY BREAKFAST DAY Parents invited to join students for a healthy start to their day Walk or Roll to School</p>	<p><u>Baked Good Day</u> (Rotating menu)</p> <ul style="list-style-type: none"> • Biscuits w/ Strawberries • Homemade Muffin • Apple Filled Breadstick • Oatmeal Breakfast Round <p>Cheese stick</p> <p>Fresh Fruit or 100% Juice</p> <p>1% White Milk</p>	<p><u>Bagel Day</u> Whole Grain Bagel with Cream Cheese and Jelly Or Peanut Butter</p> <p>Cheese Stick or 4 oz. Yogurt</p> <p>Fresh Fruit</p> <p>1% White Milk</p>

Hot and Cold Cereal Offered Every Day

A healthy school breakfast will always include a fresh fruit or 100% juice along with the grain item, protein (when offered) and a milk.

Menu subject to change!

This institution is an equal opportunity provider.