




June 2017 VCMS - RHS
Vernon Schools Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Choice of Cereal, Muffin, or Bagel Choice of fresh fruit, fruit cup or juice Yogurt and graham cracker Fruit Smoothie & Graham Cracker 1% or Skim Milk Choices	2 Mini Pancakes Yogurt Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
5 Choice of Cereal, Muffin, or Bagel Choice of fresh fruit, fruit cup or juice Yogurt and graham cracker Fruit Smoothie & Graham Cracker 1% or Skim Milk Choices	6 Choice of Cereal, Muffin, or Bagel Choice of fresh fruit, fruit cup or juice Yogurt and graham cracker Fruit Smoothie & Graham Cracker 1% or Skim Milk Choices	7 Choice of Cereal, Muffin, or Bagel Choice of fresh fruit, fruit cup or juice Yogurt and graham cracker Fruit Smoothie & Graham Cracker 1% or Skim Milk Choices	8 Choice of Cereal, Muffin, or Bagel Choice of fresh fruit, fruit cup or juice Yogurt and graham cracker Fruit Smoothie & Graham Cracker 1% or Skim Milk Choices	9 French Toast Sticks Yogurt Fruit Cup or Fresh Fruit 1% or Skim Milk Choices 1% or Skim Milk Choices
12 Choice of Cereal, Muffin, or Bagel Choice of fresh fruit, fruit cup or juice Yogurt and graham cracker Fruit Smoothie & Graham Cracker 1% or Skim Milk Choices	13 Choice of Cereal, Muffin, or Bagel Choice of fresh fruit, fruit cup or juice Yogurt and graham cracker Fruit Smoothie & Graham Cracker 1% or Skim Milk Choices	14 Choice of Cereal, Muffin, or Bagel Choice of fresh fruit, fruit cup or juice Yogurt and graham cracker Fruit Smoothie & Graham Cracker 1% or Skim Milk Choices	15 Choice of Cereal, Muffin, or Bagel Choice of fresh fruit, fruit cup or juice Yogurt and graham cracker Fruit Smoothie & Graham Cracker 1% or Skim Milk Choices	16 Choice of Cereal, Muffin, or Bagel Choice of fresh fruit, fruit cup or juice Yogurt and graham cracker Fruit Smoothie & Graham Cracker 1% or Skim Milk Choices Early Dismissal
19	20	21	22	23
26			29	30
			 ALLIANCE FOR A HEALTHIER GENERATION	 Choose MyPlate .gov

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Breakfast Prices
RHS
 \$2.00 per day
 \$42.00 for the month (21 Days)
VCMS
 \$1.75 per day
 \$36.75 for the month (21 Days)
Elementary
 \$1.50 per day
 \$31.50 for the month (21 Days)

**Regular, Strawberry and Chocolate milk is
 Chocolate Milk Available**
Menu subject to change

Items marks with (V) are the vegetarian selections for the day

If you bring a meal from home milk is available for just 45 cents.

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