

March 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 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	3 Mini Pancakes Yogurt Fruit Cup or Fresh Fruit 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 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	10 French Toast Sticks Yogurt Fruit Cup or Fresh Fruit 1% or Skim Milk Choices 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	17 Egg Sandwich on English Yogurt Fruit Cup or Fresh Fruit 1% or Skim Milk Choices
20 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	21 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	22 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	23 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	24 French Toast Sticks Yogurt Fruit Cup or Fresh Fruit 1% or Skim Milk Choices Early Dismissal
27 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	28 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	29 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	30 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	31 Mini Pancakes Yogurt Fruit Cup or Fresh Fruit 1% or Skim Milk Choices

mySchoolbucks is now available for online payments for your students lunch account. Log onto <https://www.myschoolbucks.com> to set up an account



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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