

Vermilion High School



January 2023

Full student Breakfast includes choice of (2) grains or bread equivalents, (1) fruit and juice choices, and (1) milk choice (1% unflavored, skim, or fat-free flavored). <i>Students must take 3 of the 4 components, including one fruit or juice serving.</i>				Breakfast Price: \$1.85 Reduced Breakfast: \$.30
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Alternate Whole Grain Breakfast Choices:				
Banana Bread Honey Buns Pop-Tarts	Cereals/Cereal Bars Mini Donuts Muffins w/ Yogurt Cup			
	January 3	January 4	January 5	January 6
	Breakfast Pizza *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Cherry Streudel *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Breakfast Sandwich *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Cinnamon Pull-Apart *Alternates offered daily Assorted Fruits and Juice Choice of Milk
January 9	January 10	January 11	January 12	January 13
Pancake Sausage Wrap *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Breakfast Burrito *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Waffles/Syrup *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Breakfast Sandwich *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Dutch Waffle *Alternates offered daily Assorted Fruits and Juice Choice of Milk
January 16	January 17	January 18	January 19	January 20
NO SCHOOL <i>Martin Luther King Holiday</i>	Breakfast Pizza *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Cherry Streudel *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Breakfast Sandwich *Alternates offered daily Assorted Fruits and Juice Choice of Milk	NO SCHOOL
January 23	January 24	January 25	January 26	January 27
Waffles/Syrup *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Breakfast Burrito *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Pancakes *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Breakfast Sandwich *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Cinnamon Pull-Apart *Alternates offered daily Assorted Fruits and Juice Choice of Milk
January 30	January 31			
Pancake Sausage Wrap *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Breakfast Pizza *Alternates offered daily Assorted Fruits and Juice Choice of Milk			

This café uses a variety of products that may contain an artificial sweetener.

Products may be produced in a plant that also produces milk, egg, wheat, soy,

peanuts, and tree nuts.

This institution is an equal opportunity provider.

Menu subject to change without notice.