

Vermilion High School



March 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
		March 1	March 2	March 3
*Alternate Whole Grain Breakfast Choices:		Fruit Streudel	Breakfast Sandwich	Dutch Waffle
Banana Bread	Cereals/Cereal Bars	*Alternates offered daily	*Alternates offered daily	*Alternates offered daily
Honey Buns	Mini Donuts	Assorted Fruits and Juice	Assorted Fruits and Juice	Assorted Fruits and Juice
Pop-Tarts	Muffins w/ Yogurt Cup	Choice of Milk	Choice of Milk	Choice of Milk
March 6	March 7	March 8	March 9	March 10
Pancake Sausage Wrap	Breakfast Burrito	Waffles/Syrup	Breakfast Sandwich	NO SCHOOL
*Alternates offered daily	*Alternates offered daily	*Alternates offered daily	*Alternates offered daily	
Assorted Fruits and Juice	Assorted Fruits and Juice	Assorted Fruits and Juice	Assorted Fruits and Juice	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
March 13	March 14	March 15	March 16	March 17
Pancakes/Syrup	Breakfast Pizza	Fruit Streudel	Breakfast Sandwich	NO SCHOOL
*Alternates offered daily	*Alternates offered daily	*Alternates offered daily	*Alternates offered daily	
Assorted Fruits and Juice	Assorted Fruits and Juice	Assorted Fruits and Juice	Assorted Fruits and Juice	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
March 20	March 21	March 22	March 23	March 24
Pancakes/Syrup	Breakfast Burrito	Pancakes	Breakfast Sandwich	Cinnamon Pull-Apart
*Alternates offered daily	*Alternates offered daily	*Alternates offered daily	*Alternates offered daily	*Alternates offered daily
Assorted Fruits and Juice	Assorted Fruits and Juice	Assorted Fruits and Juice	Assorted Fruits and Juice	Assorted Fruits and Juice
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
March 27	March 28	March 29	March 30	March 31
Pancake Sausage Wrap	Breakfast Pizza	Fruit Streudel	Breakfast Sandwich	Dutch Waffle
*Alternates offered daily	*Alternates offered daily	*Alternates offered daily	*Alternates offered daily	*Alternates offered daily
Assorted Fruits and Juice	Assorted Fruits and Juice	Assorted Fruits and Juice	Assorted Fruits and Juice	Assorted Fruits and Juice
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
				<p>This café uses a variety of products that may contain an artificial sweetener.</p> <p>Products may be produced in a plant that also produces milk, egg, wheat, soy, peanuts, and tree nuts.</p>
This institution is an equal opportunity provider.			Menu subject to change without notice.	