



MENU

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OCTOBER
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Vermilion High School – Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	Breakfast Burrito Assorted Fruit/Juice Choice of Milk	1 Cinnamon Glazed French Toast Assorted Fruit/Juice Choice of Milk	2 Breakfast Sandwich Assorted Fruit/Juice Choice of Milk	3 Dutch Waffle Assorted Fruit/Juice Choice of Milk
7 Apple Frudel Assorted Fruit/Juice Choice of Milk	8 Breakfast Pizza Assorted Fruit/Juice Choice of Milk	9 French Toast Sticks Warm Cinnamon Apples Assorted Fruit/Juice Choice of Milk	10 Breakfast Sandwich Assorted Fruit/Juice Choice of Milk	11 No School Professional Development Day
14 Scrambled Eggs Hash Brown Assorted Fruit/Juice Choice of Milk	15 Breakfast Burrito Assorted Fruit/Juice Choice of Milk	16 Cinnamon Glazed French Toast Assorted Fruit/Juice Choice of Milk	17 Breakfast Sandwich Assorted Fruit/Juice Choice of Milk	18 Dutch Waffle Assorted Fruit/Juice Choice of Milk
21 Apple Frudel Assorted Fruit/Juice Choice of Milk	22 Breakfast Pizza Assorted Fruit/Juice Choice of Milk	23 French Toast Sticks Warm Cinnamon Apples Assorted Fruit/Juice Choice of Milk	24 Breakfast Sandwich Assorted Fruit/Juice Choice of Milk	25 No School Teacher Record Day
28 Scrambled Eggs Hash Brown Assorted Fruit/Juice Choice of Milk	29 Breakfast Burrito Assorted Fruit/Juice Choice of Milk	30 Cinnamon Glazed French Toast Assorted Fruit/Juice Choice of Milk	31 Happy Halloween! Breakfast Sandwich Assorted Fruit/Juice Choice of Milk	1

Celebrate!
 October is....
 National Cookie
 Month
 National Pizza
 Month and
 National Cookbook
 Month!

Breakfast Price - \$1.85
 Reduced Breakfast Price – No Charge
 A full breakfast includes: Choice of 2
 grains, 2 fruit or juice choices and 1 milk.
 Students must take 3 of the 4 offered
 components

Alternate whole grain breakfast choices:
 Banana bread, Honey Buns, Pop Tarts,
 Cereal Bars, Assorted Cereals, Mini Donuts
 and Muffins.

**Common allergens may be present in
 several menu offerings**

This institution is an equal
 opportunity provider.

