

Vermilion HighCafé Breakfast



August-September 2022

Full student Breakfast includes choice of (2) grains or bread equivalents, (1) fruit or juice choice, and (1) milk choice (1% unflavored, skim, or fat-free flavored). <i>Students must take 3 of the 4 components.</i>				Breakfast Price: \$1.85 Reduced Breakfast: \$.30
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			August 25	August 26
*Alternate Whole Grain Breakfast Choices: Banana Bread Honey Buns Pop-Tarts		Cereals/Cereal Bars Mini Donuts Muffins w/ Yogurt Cup	Breakfast Sandwich *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Warm Glazed Donut *Alternates offered daily Assorted Fruits and Juice Choice of Milk
August 29	August 30	August 31	September 1	September 2
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	Cinnamon Glazed French Toast *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Breakfast Sandwich Sandwich Assorted Fruits and Juice Choice of Milk	Cinnamon Pull-Apart *Alternates offered daily Assorted Fruits and Juice Choice of Milk
September 5	September 6	September 7	September 8	September 9
Waffles/Syrup *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Breakfast Pizza *Alternates offered daily Assorted Fruits and Juice Choice of Milk	French Toast Sticks/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
September 12	September 13	September 14	September 15	September 16
Pancakes *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Breakfast Burrito *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Cinnamon Glazed French Toast *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Breakfast Sandwich *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Warm Glazed Donut *Alternates offered daily Assorted Fruits and Juice Choice of Milk
September 19	September 20	September 21	September 22	September 23
Eggoji Waffles/Syrup *Alternates offered daily Assorted Fruits and Juice Choice of Milk	Breakfast Pizza *Alternates offered daily Assorted Fruits and Juice Choice of Milk	French Toast Sticks/Syrup *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
September 26	September 27	September 28	September 29	September 30
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	Cinnamon Glazed French Toast *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
During the last school year, children and families benefitted from no-cost school meals for all students, made possible by permissions from USDA. Unfortunately, these permissions have expired. Vermilion Local School District and the Ohio Dept. of Education cannot extend permissions for no-cost meals for all students. School meals will still be available to all students; however, they will not be free to all students. Households may apply for free or reduced-price meal benefits on the Vermilion Local Schools website. Prices for the 2022-23 School Year are:				
Grades:	Breakfast	Lunch		
Grades K-3	\$1.85	\$2.75		
Grades 4-7	\$1.85	\$2.90		
Grades 8-12	\$1.85	\$2.90		
Reduced Price ALL grades	\$0.30	\$0.40		
This institution is an equal opportunity provider.			Menu subject to change without notice.	

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.