



BREAKFAST

OCTOBER 2026

Vermilion High School Cafe

Breakfast Price SMS & VHS - \$2.10 Reduced Price - No Charge

A full breakfast includes: Choice of 2 grains or 1 grain + 1 meat/meat alternate, 2 fruit or juice choices and 1 milk. Students must take 3 of the 4 offered components, one must be a fruit or vegetable.

Menu subject to change - this institution is an equal opportunity provider, employer and lender.

Monday

Tuesday

Wednesday

Thursday

Friday

5
Fruit & Yogurt Cup
WG Bagel
or
WG Biscuit
Assorted Fruit/Juice
Choice of Milk

6
Breakfast Burrito
Assorted Fruit/Juice
Choice of Milk

7
Mini Chocolate Chip
French Toast
Assorted Fruit/Juice
Choice of Milk

1
Sausage Egg & Cheese
Topped Bagel
Assorted Fruit/Juice
Choice of Milk

2
Dutch Waffle
Assorted Fruit/Juice
Choice of Milk

12
Scrambled Eggs
Potato Tots
WG Biscuit
Assorted Fruit/Juice
Choice of Milk

13
Southern Sausage Gravy
Breakfast Pizza
Assorted Fruit/Juice
Choice of Milk

14
Cinnamon Glazed
French Toast Sticks
Assorted Fruit/Juice
Choice of Milk

15
Sausage Egg & Cheese
Topped Bagel
Assorted Fruit/Juice
Choice of Milk

16
Dutch Waffle
Assorted Fruit/Juice
Choice of Milk

19
Fruit & Yogurt Cup
WG Bagel
or
WG Biscuit
Assorted Fruit/Juice
Choice of Milk

20
Breakfast Burrito
Assorted Fruit/Juice
Choice of Milk

21
Mini Chocolate Chip
French Toast
Assorted Fruit/Juice
Choice of Milk

22
Sausage Egg & Cheese
Breakfast Sandwich
Assorted Fruit/Juice
Choice of Milk

23
Teacher Record Day
No Students

26
Scrambled Eggs
Potato Tots
WG Biscuit
Assorted Fruit/Juice
Choice of Milk

27
Southern Sausage Gravy
Breakfast Pizza
Assorted Fruit/Juice
Choice of Milk

28
Cinnamon Glazed
French Toast Sticks
Assorted Fruit/Juice
Choice of Milk

29
Sausage Egg & Cheese
Topped Bagel
Assorted Fruit/Juice
Choice of Milk

30
Dutch Waffle
Assorted Fruit/Juice
Choice of Milk

Common allergens (milk, egg, tree nuts, wheat, peanuts, soybeans and/or sesame) may be present in several menu offerings that have been prepared in facilities where these items are also processed, please notify staff of allergies and to get more information.

Alternate whole grain breakfast choices: Banana Bread, Pop Tarts, Cereal Bars, Assorted Reduced Sugar Cereals, Mini Donuts and Muffins.