BREAKFAST

NOVEMBER 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.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fruit & Yogurt Cup WG Bagel or WG Biscuit Assorted Fruit/Juice Choice of Milk	3 Breakfast Burrito Assorted Fruit/Juice Choice of Milk	4 Mini Chocolate Chip French Toast Assorted Fruit/Juice Choice of Milk	5 Sausage Egg & Cheese Breakfast Sandwich Assorted Fruit/Juice Choice of Milk	6 Mini Cinni's Pull Apart Rolls Assorted Fruit/Juice Choice of Milk
9 Scrambled Eggs Potato Tots WG Biscuit Assorted Fruit/Juice Choice of Milk	10 Southern Sausage Gravy Breakfast Pizza Assorted Fruit/Juice Choice of Milk	11 Cinnamon Glazed French Toast Sticks Assorted Fruit/Juice Choice of Milk	12 Sausage Egg & Cheese Topped Bagel Assorted Fruit/Juice Choice of Milk	13 Dutch Waffle Assorted Fruit/Juice Choice of Milk
16 Fruit & Yogurt Cup WG Bagel or WG Biscuit Assorted Fruit/Juice Choice of Milk	17 Breakfast Burrito Assorted Fruit/Juice Choice of Milk	18 Mini Chocolate Chip French Toast Assorted Fruit/Juice Choice of Milk	19 Sausage Egg & Cheese Breakfast Sandwich Assorted Fruit/Juice Choice of Milk	20 Mini Cinni's Pull Apart Rolls Assorted Fruit/Juice Choice of Milk
23 Scrambled Eggs Potato Tots WG Biscuit Assorted Fruit/Juice Choice of Milk	24 Southern Sausage Gravy Breakfast Pizza Assorted Fruit/Juice Choice of Milk	25 No School	26 No School Happy Thanksgiving	27 No School
30 Fruit & Yogurt Cup WG Bagel or WG Biscuit 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.