



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|--|
| <i>Week 2</i> | May 22 | May 23 | May 24 | May 25 | May 26 |
| Meat, Meat Alt. & Grain (Choose 1) | <ul style="list-style-type: none"> • Yogurt w/Muffin • Assorted Cereal w/ Cheese Stick | <ul style="list-style-type: none"> • Sausage Pancake on a Stick • Assorted Cereal Bowl w/Cheese Stick | <ul style="list-style-type: none"> • Steak on Southern Biscuit • Assorted Cereal w/ Cheese Stick | <ul style="list-style-type: none"> • Turkey Bacon, Egg & Cheese on English Muffin • Assorted Cereal w/Cheese Stick | <ul style="list-style-type: none"> • Steak Biscuit • Assorted Cereal w/Cheese Stick |
| Fruit & Vegetable (Choose 1-2) | <ul style="list-style-type: none"> • Fresh Fruit in Season • 100% Fruit Juice | <ul style="list-style-type: none"> • Fresh Apple • 100% Fruit Juice | <ul style="list-style-type: none"> • Fruit Cups • 100% Fruit Juice | <ul style="list-style-type: none"> • Fresh Assorted Fruit • 100% Fruit Juice | <ul style="list-style-type: none"> • Fresh Orange • 100% Fruit Juice |
| <i>Week 3</i> | May 29 | May 30 | May 31 | June 1 | June 2 |
| Meat, Meat Alt. & Grain (Choose 1) | Holiday Memorial Day | <ul style="list-style-type: none"> • Poptart and Hardboiled Egg • Assorted Cereal Bowl w/Cheese Stick | <ul style="list-style-type: none"> • Turkey Sausage Biscuit • Assorted Cereal Bowl w/Cheese Stick | <ul style="list-style-type: none"> • Yogurt w/Muffin • Assorted Cereal Bowl w/Cheese Stick | <ul style="list-style-type: none"> • Super Bakery Pastry • Assorted Cereal Bowl w/Cheese Stick |
| Fruit & Vegetable (Choose 1-2) | | <ul style="list-style-type: none"> • Fresh Apple • 100% Fruit Juice | <ul style="list-style-type: none"> • Fruit Cups • 100% Fruit Juice | <ul style="list-style-type: none"> • Fresh Assorted Fruit • 100% Fruit Juice | <ul style="list-style-type: none"> • Fresh Orange • 100% Fruit Juice |
| <i>Week 4</i> | June 5 | June 6 | June 7 | June 8 | June 9 |
| Meat, Meat Alt. & Grain (Choose 1) | <ul style="list-style-type: none"> • Yogurt w/Muffin • Assorted Cereal Bowl w.Cheese Stick | <ul style="list-style-type: none"> • Sausage Pancake on a Stick • Assorted Cereal Bowl w/Cheese Stick | <ul style="list-style-type: none"> • Steak on Southern Biscuit • Assorted Cereal Bowl w/Cheese Stick | Chef's Choice | Chef's Choice |
| Fruit & Vegetable (Choose 1-2) | <ul style="list-style-type: none"> • Fresh Fruit in Season • 100% Fruit Juice | <ul style="list-style-type: none"> • Fresh Apple • 100% Fruit Juice | <ul style="list-style-type: none"> • Fruit Cups • 100% Fruit Juice | Chef's Choice | Chef's Choice |

Milk (Choose 1 per meal)

LF White | LF Chocolate | FF Skim

USDA Nondiscrimination Statement:
vaschools.net/students-families/meal-distribution

*K - 12 School
Breakfast Menu*

May - June 2023