

Farmhouse School Breakfast Menu

VGHS

October 2022



	Monday	Tuesday	Wednesday	Thursday	Friday	
	3 Cold Oat Cereal, Fruit, and Milk	4 Zucchini Muffins, Fruit, and Milk	5 Yogurt Parfait and Granola, Fruit, and Milk	6 Apple Crumble with yogurt, fruit and Milk	7 Home Fries w/sauce, Cheese Sticks, Milk, Fruit	
	10 NO SCHOOL	11 Rice Cereal, Fruit, Milk	12 Carrot Cake Protein Balls, Fruit, Milk	13 Oat Bar, Fruit, Milk	14 Granola Squares and Fruit Salad, Milk	
	17 Oat Crunch with Bananas, Milk	18 Cold Corn Cereal, Fruit, Milk	19 Pumpkin Muffins, Fruit, Milk	20 English Muffins, Spread, Fruit, Milk	21 French Toast Sticks, Fruit, Milk	
	24 Oat Cereal Fruit and Milk	25 Zucchini Muffins, Fruit, and Milk	26 Yogurt Parfait, Fruit, and Milk	27 Apple Crumble with yogurt, Fruit and Milk	28 Home Fries w/sauce, Cheese Sticks, Milk, Fruit	
	31 Granola, Fruit, and Milk					

Thank you for helping to support local farmers and ranchers by participating in the Farmhouse USDA School Lunch program!
Featuring local vegetables from Cerro Vista Farms and fruit from Freshies