

Vashon Island School District Breakfast Menu

The Vashon Island School District and Experience Food Project are proud to offer a delicious entrée, fresh fruit and milk for breakfast. We are committed to providing healthy, nutritious and flavorful meals that support local and regional food systems. Our approach is focused on integrating whole and minimally processed foods and food items free from additives, colorings and artificial ingredients.

Please Note: Breakfast menu items will rotate on a monthly and seasonal basis i.e. hot cereals in cold weather. No Breakfast is offered on late start days.

Choice of	OR	OR
Organic Yami Yogurt Fresh Fruit Housemade Banana Bar Milk or juice	Oatmeal w Special toppings	Whole grain cold cereal W milk
Bagels & Granola also available	Bagels and Granola also available	Bagels and Granola also available

Vashon Island School District and Experience Food Project Continue to Grow School Meals Program

Did You Know

Kids who eat breakfast at school – closer to class and test-taking time:

- o Perform better on tests than those who skip breakfast or eat breakfast at home.
- o Increase their math and reading scores and improve their speed and memory in cognitive tests.
- o Decrease behavior problems, tardiness and visits to the nurse.
- o Improve attendance rates.

2010-11 Breakfast and Lunch Pricing

Breakfast	
Elementary 1.75	Middle / High School 2.00
Lunch	
Elementary 3.25	Middle / High School 3.50
Reduced lunch .40	



Free and reduced breakfast/lunch forms can be picked up and returned to the District Office, 9309 SW Cemetery Rd. , or at each school. Students who are allergic to milk may receive juice instead of milk with their meals. We must have a note on file from his/h doctor or medical authority stating the child's allergies.

For the past five years Experience Food Project, a 501c3 nonprofit organization, has engaged in the most comprehensive body of field study related to school meal programs in the State of Washington. Through pilot projects, education programs, operational implementation and community engagement we have created breakthrough strategies for public school meal programs. Visit us at www.experiencefoodproject.org