

Please check your pre-paid lunch account balance to ensure there are sufficient funds to cover your student's meals

# THE SCHOOL KITCHEN

# Menu

Always fresh...



## BREAKFAST

### BREAKFAST



Our daily breakfast includes a selection of cereal, fresh baked goods, fresh fruit, & milk.

**CES** students can collect breakfast before classes begin in the morning.

**McM & VHS** students can collect breakfast at first break.

#### MONDAY

W/G Bagels with cream cheese  
Assorted Cereals  
Yogurt  
Fruit  
Juice  
Milk

#### TUESDAY

W/G Banana Bread  
W/G Bagels with cream cheese  
Assorted Cereals  
Yogurt  
Fruit  
Juice  
Milk

#### WEDNESDAY

Hot Oatmeal with dried fruit  
W/G Bagels with cream cheese  
Assorted Cereals  
Yogurt  
Fruit  
Juice  
Milk

#### THURSDAY

Eggs & Homemade W/G Biscuits or W/G Buttermilk Pancakes  
W/G Bagels with cream cheese  
Assorted Cereals  
Yogurt  
Fruit  
Juice  
Milk

#### FRIDAY

W/G Homemade Blueberry Muffins  
W/G Bagels with cream cheese  
Assorted Cereals  
Yogurt  
Fruit  
Juice  
Milk

### LUNCH



Vashon Island School District is committed to providing healthy, homemade meals each day.

We are proud to offer a delicious **entrée, fresh fruit & salad** every day.

We are proud to serve nutritious food to our students. Gone are the Poptarts and processed foods – instead each meal is made from scratch and we source as much as possible from local producers. After all, healthy nutrition, and understanding its role, plays a vital part in helping our students succeed – both at school and in life.

**Breakfast:** Approved application – Free | Reduced (K-12) – Free | Regular (K-5) – \$1.75 | Regular (6-12) – \$2.00 | Milk Only – \$0.60

**Lunch:** Approved application – Free | Reduced (K-3 – Free) (4-12 – \$0.40) | Regular (K-5) – \$3.25 | Regular (6-12) – \$3.50 | Milk Only – \$0.60

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, sexual orientation, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.