



Vanguard Preparatory

K-8 Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Yogurt, Trix 4 ounce St/Ban

- Pancake, Confetti
- Cracker, Belly Bear, Honey
- Apple Slices, Green
- Applesauce, cups USDA
- Harvest Mixed Fruit Cup
- Pears, Canned, DICED USDA
- Juice, very berry 4oz Eco
- Juice 4oz fruit punch 100%
- Milk, Soy Vanilla
- Milk, Lactose Free/FF, Borden

Breakfast Sandwich, Biscuit, sausage and cheese

- Yogurt, Trix 4 ounce St/Ban
- Cracker, Belly Bear, Honey
- Plums, red or black
- Applesauce cup, Strawberry Banana, Peterson Farms
- Pears, Canned, DICED USDA
- Juice, very berry 4oz Eco
- Juice 4oz fruit punch 100%
- Milk, Soy Vanilla
- Milk, Lactose Free/FF, Borden

Bagel, Plain sliced WWW

- Yogurt, Trix 4 ounce St/Ban
- Cracker, Belly Bear, Honey
- Plums, red or black
- Orange, 113ct fresh
- Pears, Canned, DICED USDA
- Applesauce, cups USDA
- Fruit cup, Zee Zees, Cinnamon Diced Apples
- Juice 4oz fruit punch 100%
- Milk, Soy Vanilla
- Milk, Lactose Free/FF, Borden
- Cream Cheese cup, Driftwood, 100ct

Pizza, Breakfast

- Donut, Mini Chocolate.
- Peaches, canned sliced USDA
- Harvest Mixed Fruit Cup
- Plums, red or black
- Grapes, Red Lunch Bunch
- Orange, 113ct fresh
- Juice 4oz fruit punch 100%
- Milk, Soy Vanilla
- Milk, Lactose Free/FF, Borden

Dutch Waffle w/powdered sugar

- Pizza, Breakfast
- Strawberries, 12/1pt Fresh, Bob&Gary
- Orange, 113ct fresh
- Peaches, canned sliced USDA
- Peaches, Canned, diced USDA
- Juice 4oz fruit punch 100%
- Milk, Lactose Free/FF, Borden
- Milk, Soy Vanilla

No menu published

No menu published

No menu published

No menu published

No menu published

Yogurt, Trix 4 ounce St/Ban

- Cracker, Belly Bear, Honey
- Peach, Yellow, 20#, FFAVORS, Organic
- Pears, Canned, DICED USDA
- Harvest Mixed Fruit Cup
- Fruit cup, Zee Zees, Cinnamon Diced Apples
- Juice 4oz fruit punch 100%
- Milk, Soy Vanilla
- Milk, Lactose Free/FF, Borden

Sandwich, Pancake and Sausage

- Yogurt, Trix 4 ounce St/Ban
- Cracker, Belly Bear, Honey
- Peach, Yellow, 20#, FFAVORS, Organic
- Apple, Gala 138-150ct
- Applesauce cup, rock'n blue raspberry No Added Sugar
- Pears, Canned, DICED USDA
- Juice, very berry 4oz Eco
- Juice 4oz fruit punch 100%
- Milk, Lactose Free/FF, Borden
- Milk, Soy Vanilla

Muffin, Blueberry Top WG IW Buena Vista

- Sandwich, Pancake and Sausage
- Orange, 113ct fresh
- Peach, Yellow, 20#, FFAVORS, Organic
- Peaches, canned sliced USDA
- Peaches, Canned, diced USDA
- Harvest Mixed Fruit Cup
- Applesauce, cups USDA
- Fruit cup, Zee Zees, Cinnamon Diced Apples
- Juice, very berry 4oz Eco
- Juice 4oz fruit punch 100%
- Milk, Lactose Free/FF, Borden
- Milk, Soy Vanilla

Pizza, Breakfast

- Muffin, Blueberry Top WG IW Buena Vista
- Peaches, Canned, diced USDA
- Harvest Mixed Fruit Cup
- Grapes, Red Lunch Bunch
- Juice, very berry 4oz Eco
- Juice 4oz fruit punch 100%
- Milk, Lactose Free/FF, Borden
- Milk, Soy Vanilla

Yogurt Parfait, Breakfast K-8

- Pizza, Breakfast
- Cracker, Belly Bear Cinnamon
- Strawberries, 12/1pt Fresh, Bob&Gary
- Peaches, Canned, diced USDA
- Juice 4oz fruit punch 100%
- Milk, Lactose Free/FF, Borden
- Milk, Soy Vanilla

Cracker, Belly Bear, Honey

- Raisin, Individual Box USDA
- Peaches
- Juice, very berry 4oz Eco
- Milk, Nonfat 1/2 Pint, Eco
- Milk, Soy Vanilla
- Milk, Chocolate Soy
- Milk, Lactose Free/FF, Borden

Breakfast Bowl w/tots

- Orange, 138ct
- Applesauce, canned unsweetened USDA
- Juice, very berry 4oz Eco

Pancake Poffits w/fruit compote

- Fruit, Mixed, Canned USDA
- Raisin, Individual Box USDA
- Juice, very berry 4oz Eco

Pizza, Breakfast

- Peaches, Canned, diced USDA
- Banana, Petite Green Tip
- Juice, very berry 4oz Eco

Cinnamon, Mini Cinni

- Raisin, Individual Box USDA
- Pears, Canned, DICED USDA
- Frozen fruit cup, Peaches, USDA
- Frozen fruit cup, Strawberries, USDA
- Frozen fruit cup, Mixed Berries, USDA
- Juice, very berry 4oz Eco

Served every day

- Cereal, Cinnamon Toaster, 2oz
- Cereal, Marshmallow Matey, 2oz
- Juice, Apple, 4 oz Eco
- Milk, 1% Lowfat 1/2 Pint Eco
- Milk, Nonfat Chocolate, 1/2 PT Eco