



**VAIL SCHOOL DISTRICT
BREAKFAST – AUGUST 2017**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Students MUST Select At Least 3 Items For Breakfast.

One Of The 3 Items MUST Be A Fruit.

All Breakfast Entrees Count As Two Items

1
Breakfast Burrito

OR

Trix Yogurt w/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

2
Whole Grain Breakfast Pizza

OR

Stuffed Bagel

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

3
Cheesy Eggs w/Toast

OR

Trix Yogurt w/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

4
Sausage & Cheese Bagelwich

OR

Chocolate Chip Ultimate Breakfast Bar

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

7
Whole Wheat Pancake w/ Turkey Sausage

OR

Trix Yogurt w/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

8
Cheesy Egg W/Toast

OR

Cereal Bar & String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

9
Blueberry Breakfast on a Stick

OR

Chocolate Chip Ultimate Breakfast Bar

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

10
Whole Grain Breakfast Pizza

OR

Cinnamon Mini Cinni's

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

11
Turkey Sausage & Cheese Muffin

OR

Cereal Bar & String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

14
Waffle w/Turkey Sausage

OR

Trix Yogurt w/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

15
Whole Grain Breakfast Pizza

OR

Chocolate Chip Ultimate Breakfast Bar

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

16
Whole Wheat Pancake W/ Turkey Sausage

OR

Stuffed Bagel

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

17
Breakfast on a Stick

OR

Trix Yogurt w/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

18
Breakfast Burrito

OR

Cereal Bar & String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

21
Blueberry Breakfast on a Stick

OR

Trix Yogurt w/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

22
Cheesy Eggs & Toast

OR

Cereal Bar & String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

23
Whole Wheat Pancake W/ Turkey Sausage

OR

Chocolate Chip Ultimate Breakfast Bar

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

24
Egg & Cheese Muffin

OR

Cereal Bar & String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

25
Whole Grain Breakfast Pizza

OR

Cinnamon Mini Cinni's

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

28
Waffle w/Turkey Sausage

OR

Cereal Bar w/String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

29
Breakfast Burrito

OR

Trix Yogurt w/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

30
Whole Grain Breakfast Pizza

OR

Stuffed Bagel

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

31
Cheesy Eggs w/Toast

OR

Trix Yogurt w/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

Nutritional information is available at the food service office.

Menus subject to change without notice.