



**VAIL SCHOOL DISTRICT
ELEMENTARY & MIDDLE SCHOOL
BREAKFAST – JULY 2017**



17
Waffle w/Turkey Sausage
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

18
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

19
Whole Wheat Pancake W/ Turkey Sausage
OR
Stuffed Bagel
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

20
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

21
Breakfast Burrito
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

24
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

25
Cheesy Eggs & Toast
OR
Cereal Bar w/String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

26
Whole Wheat Pancakes w/Turkey Sausage
OR
Chocolate Chip Ultimate Breakfast Bar
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

27
Egg & Cheese Muffin
OR
Cereal Bar w/String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

28
Whole Grain Breakfast Pizza
OR
Cinnamon Mini Cinni's
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk



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

Nutritional information is available at the food service office.
Menus subject to change without notice.



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