



**VAIL SCHOOL DISTRICT  
BREAKFAST – OCTOBER 2017**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

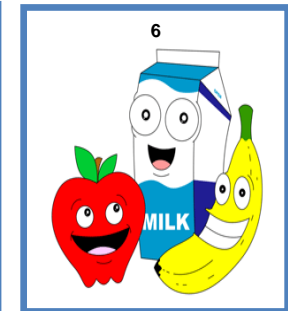
**FRIDAY**

2  
**Fall break  
School  
Closed**  
  
October 2<sup>nd</sup> – 6<sup>th</sup>

3  
**Students MUST  
Select At Least 3  
Items For  
Breakfast.**  
  
**One Of The 3 Items  
MUST Be A Fruit.**

4  
**All Breakfast  
Entrees Count As  
Two Items.**  
  
**Breakfast Entrée  
contains either 2  
grains or 1 grain  
and 1 meat.**

5  
**Breakfast, the  
most important  
meal of the  
day!**  
  
**EAT RIGHT!  
BE BRIGHT!**



9  
**Fall break  
School  
Closed**  
  
October 9<sup>th</sup> – 13<sup>th</sup>

10  
**All juice  
offered on our  
breakfast menu  
is 100% fruit  
juice.**

11

Pumpkins are grown all over the world. In fact, six of seven continents (all except Antarctica) grow pumpkins.

12  
**All Grains  
offered for  
Breakfast are  
Whole Grain  
Rich!**

13  
**The average  
person sits down  
to breakfast at  
7:31am during the  
week and 8:28am  
on the weekend.**

16  
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

17  
Cheesy Eggs & Toast  
OR  
Cereal Bar & String Cheese  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit Juice  
1% and Fat Free Milk

18  
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

19  
Egg & Cheese Muffin  
OR  
Cereal Bar & String Cheese  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit Juice  
1% and Fat Free Milk

20  
Whole Grain Breakfast Pizza  
OR  
Cinnamon Mini Cinni's  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

23  
Waffle w/Turkey Sausage  
OR  
Cereal Bar w/String Cheese  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

24  
Breakfast Burrito  
OR  
Trix Yogurt w/Graham Crackers  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit Juice  
1% and Fat Free Milk

25  
Whole Grain Breakfast Pizza  
OR  
Stuffed Bagel  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

26  
Cheesy Eggs w/Toast  
OR  
Trix Yogurt w/Graham Crackers  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

27  
Sausage & Cheese Bagelwich  
OR  
Chocolate Chip Ultimate Breakfast Bar  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

30  
Whole Wheat Pancakes W/Turkey Sausage  
OR  
Trix Yogurt w/Graham Crackers  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

31  
Cheesy Eggs w/Toast  
OR  
Cereal Bar w/String Cheese  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit Juice  
1% and Fat Free Milk

**This is a  
Trans Fat  
Free Menu!**

**Whole Grain  
unsweetened  
Cheerio's cereal  
is available daily.**  
  
**All other cereals  
offered are  
whole grain  
reduced sugar.**

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

**“This institution is an equal opportunity provider.”**