



**VAIL SCHOOL DISTRICT
BREAKFAST – DECEMBER 2017**

MONDAY

TUESDAY

WEDNESDAY

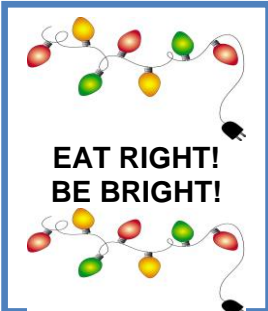
THURSDAY

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



Whole Grain unsweetened Cheerio's cereal is available daily.

All other cereals offered are whole grain reduced sugar.



1

Turkey Sausage & Cheese Muffin
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

4

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

Fruit
1% and Fat Free Milk

5

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

6

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

Fruit Juice
1% and Fat Free Milk

7

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

8

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

Fruit
1% and Fat Free Milk

11

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

12

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

Fruit Juice
1% and Fat Free Milk

13

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

14

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

Fruit Juice
1% and Fat Free Milk

15

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

Fruit
1% and Fat Free Milk

18

Waffle w/Turkey Sausage
OR
Cereal Bar w/String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

19

Breakfast Burrito
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

20

Whole Grain Breakfast Pizza
OR
Stuffed Bagel
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

21

Cheesy Eggs w/Toast
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

22

Sausage & Cheese Bagelwich
OR
Chocolate Chip Ultimate Breakfast Bar
OR
Assorted Whole Grain Cereal w/Toast

Fruit
1% and Fat Free Milk

**School Closed
Winter Break
December 25–December 29**



Nutritional information is available at the food service office.

Menus subject to change without notice.

“This institution is an equal opportunity provider.”