



**VAIL SCHOOL DISTRICT  
ELEMENTARY & MIDDLE  
SCHOOL  
BREAKFAST- FEBRUARY 2018**

**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**

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




**Whole Grain unsweetened Cheerio's cereal is available daily.**

1  
Cheesy Eggs w/Toast

OR

Trix Yogurt w/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit  
1% and Fat Free Milk

2  
Sausage & Cheese Bagelwich

OR

Chocolate Chip Ultimate Breakfast Bar

OR

Assorted Whole Grain Cereal w/Toast

Fruit Juice  
1% and Fat Free Milk

5  
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

6  
Cheesy Egg W/Toast

OR

Cereal Bar & String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice  
1% and Fat Free Milk

7  
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

8  
Whole Grain Breakfast Pizza

OR

Cinnamon Mini Cinni's

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit  
1% and Fat Free Milk

9  
Turkey Sausage & Cheese Muffin

OR

Cereal Bar & String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice  
1% and Fat Free Milk

12  
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

13  
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

14  
Whole Wheat Pancake w/ Turkey Sausage

OR

Stuffed Bagel

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit  
1% and Fat Free Milk

15  
Breakfast on a Stick

OR

Trix Yogurt W/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit  
1% and Fat Free Milk

16  
Breakfast Burrito

OR

Cereal Bar & String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice  
1% and Fat Free Milk

19  
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

20  
Cheesy Eggs & Toast

OR

Cereal Bar & String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice  
1% and Fat Free Milk

21  
Whole Wheat Pancake w/ Turkey Sausage

OR

Chocolate Chip Ultimate Breakfast Bar

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit  
1% and Fat Free Milk

22  
**School Closed Rodeo Break February 22 & 23**



23  
**School Closed Rodeo Break February 22 & 23**



26  
Whole Wheat Pancake w/ Turkey Sausage

OR

Cereal Bar w/String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit  
1% and Fat Free Milk

27  
Breakfast Burrito

OR

Trix Yogurt w/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice  
1% and Fat Free Milk

28  
Whole Grain Breakfast Pizza

OR


Stuffed Bagel

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit  
1% and Fat Free Milk

**Breakfast, the most important meal of the day!**



**Nutritional information is available at the food service office.**

**Menus subject to change without notice.**