



VAIL SCHOOL DISTRICT BREAKFAST MENU NOVEMBER 2018



sodexo
QUALITY OF LIFE SERVICES

MONDAY

**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**

TUESDAY



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

WEDNESDAY

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

**Menus subject to
change without
notice.**

THURSDAY

**1
Cheesy Eggs & Toast**

**OR
Trix Yogurt w/Graham
Crackers**

**OR
Assorted Whole Grain
Cereal w/
Wheat Toast**

**Fruit
1% and Fat Free Milk**

FRIDAY

**2
Sausage & Cheese
Bagelwich
OR
Chocolate Chip Ultimate
Breakfast Bar**

**OR
Assorted Whole Grain
Cereal w/
Wheat 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
Veterans Day
School Closed**



**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**

**Thanksgiving Break
No School November 21 – 23**



Happy Thanksgiving

**26
Waffles w/Turkey
Sausage
OR
Cereal Bar & 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**

**29
Cheesy Eggs & Toast**

**OR
Trix Yogurt w/Graham
Crackers**

**OR
Assorted Whole Grain
Cereal w/
Wheat Toast**

**Fruit
1% and Fat Free Milk**

**30
Sausage & Cheese
Bagelwich
OR
Chocolate Chip Ultimate
Breakfast Bar**

**OR
Assorted Whole Grain
Cereal w/
Wheat Toast**

**Fruit Juice
1% and Fat Free Milk**

“This institution is an equal opportunity provider.”