



VAIL SCHOOL DISTRICT BREAKFAST MENU DECEMBER 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
unsweetened
Cheerio's cereal is
available daily.

WEDNESDAY

Nutritional
information is
available at the
food service
office.

Menus subject to
change without
notice.

THURSDAY



**EAT RIGHT!
BE BRIGHT!**

FRIDAY

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



3
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

4
Cheesy Egg W/Toast
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

5
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

6
Whole Grain Breakfast
Pizza
OR
Cinnamon Mini Cinni's
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

7
Turkey Sausage &
Cheese Muffin
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

10
Waffles w/Turkey
Sausage
OR
Trix Yogurt w/Graham
Crackers
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

11
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

12
Whole Wheat Pancake
W/ Turkey Sausage
OR
Stuffed Bagel
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

13
Breakfast on a Stick
OR
Trix Yogurt w/Graham
Crackers
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

14
Breakfast Burrito
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

17
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

18
Cheesy Eggs & Toast
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

19
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

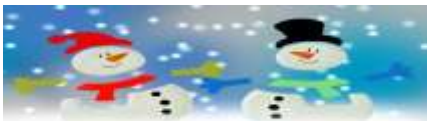
20
Egg & Cheese Muffin
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

21
Whole Grain Breakfast
Pizza
OR
Cinnamon Mini Cinni's
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

**School Closed
Winter Break
December 24–December 28**



**Happy
Holidays**

“This institution is an equal opportunity provider.”