



VAIL SCHOOL DISTRICT HIGH SCHOOL BREAKFAST DECEMBER 2018



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

**Made to order Omelet
Bar served M/W/F.**



**Made to order Belgium
Waffle & Sausage
Pattie served
Tue/Thur.**



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
Whole Wheat Pancake
W/ Turkey Sausage
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.”