



VAIL SCHOOL DISTRICT BREAKFAST MENU SEPTEMBER 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.



Eating a nutritious breakfast sets the tone for the day and promotes weight maintenance and weight loss by maintaining blood glucose levels and your metabolism.




Whole Grain unsweetened Cheerio's cereal is available daily.

LABOR DAY SCHOOL CLOSED



4
Breakfast Burrito
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

5
Whole Grain Breakfast Pizza
OR
Stuffed Bagel
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

6
Cheesy Eggs & Toast
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

7
Turkey Sausage & Cheese Bagelwich
OR
Chocolate Chip Ultimate Breakfast Bar
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

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

Fruit
1% and Fat Free Milk

11
Cheesy Eggs & Toast
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

12
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

13
Whole Grain Breakfast Pizza
OR
Cinnamon Mini Cinni's
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

14
Turkey Sausage & Cheese Muffin
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

17
Waffles w/Turkey Sausage
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

18
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

19
Whole Wheat Pancakes w/ Turkey Sausage
OR
Stuffed Bagel
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

20
Breakfast Burrito
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

21
Breakfast on a Stick
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

**SCHOOL CLOSED
SEPTEMBER 24 – 28 2018**

HAVE A SAFE AND FUN FALL BREAK!




Nutritional information is available at the food service office.

Menus subject to change without notice.

“This institution is an equal opportunity provider.”