



# VAIL SCHOOL DISTRICT BREAKFAST MENU FEBRUARY 2019



## 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

Nutritional  
information is  
available at the  
food service office.

Menus subject to  
change without  
notice.

## WEDNESDAY



Whole Grain  
unsweetened  
Cheerio's cereal is  
available daily.

## THURSDAY



## FRIDAY

1  
Whole Grain Breakfast  
Pizza  
OR  
Cinnamon Mini Cinni's

OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast

Fruit Juice  
1% and Fat Free Milk

4  
Waffle w/Turkey  
Sausage  
OR  
Cereal Bar & String  
Cheese  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast

Fruit  
1% and Fat Free Milk

5  
Breakfast Burrito  
OR  
Trix Yogurt w/Graham  
Crackers  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast

Fruit Juice  
1% and Fat Free Milk

6  
Whole Grain Breakfast  
Pizza  
OR  
Stuffed Bagel

OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast

Fruit  
1% and Fat Free Milk

7  
Cheesy Eggs & Toast

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

Fruit  
1% and Fat Free Milk

8  
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

11  
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

12  
Cheesy Eggs & Toast  
OR  
Cereal Bar & String  
Cheese  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast

Fruit Juice  
1% and Fat Free Milk

13  
Breakfast on a Stick

OR  
Chocolate Chip Ultimate  
Breakfast Bar  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast

Fruit  
1% and Fat Free Milk

14  
**Happy Valentine's Day!**  
Whole Grain Breakfast  
Pizza  
OR  
Cinnamon Mini Cinni's  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast

Fruit  
1% and Fat Free Milk

15  
Turkey Sausage &  
Cheese Muffin  
OR  
Cereal Bar & String  
Cheese  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast

Fruit Juice  
1% and Fat Free Milk

18  
Waffle w/Turkey  
Sausage  
OR  
Trix Yogurt w/Graham  
Crackers  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast

Fruit  
1% and Fat Free Milk

19  
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

20  
Whole Wheat Pancake  
W/ Turkey Sausage  
OR  
Stuffed Bagel

OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast

Fruit  
1% and Fat Free Milk

**Rodeo Break  
No School  
February 21 & 22**



25  
Breakfast on a Stick  
OR  
Trix Yogurt w/Graham  
Crackers  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast

Fruit  
1% and Fat Free Milk

26  
Cheesy Eggs & Toast  
OR  
Cereal Bar w/String  
Cheese  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast

Fruit Juice  
1% and Fat Free Milk

27  
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

28  
Egg & Cheese Muffin  
OR  
Cereal Bar & String  
Cheese  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast

Fruit  
1% and Fat Free Milk

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



**"This institution is an equal opportunity provider."**