



**VAIL SCHOOL DISTRICT  
BREAKFAST – APRIL 2017**



**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**

**Nutritional information is available at the food service office.**  
**Menus subject to change without notice.**



**3**  
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

**4**  
Cheesy Eggs & Toast  
OR  
Cereal Bar w/String Cheese  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit Juice  
1% and Fat Free Milk

**5**  
Whole Wheat Pancakes w/Turkey Sausage  
OR  
Chocolate Chip Ultimate Breakfast Bar  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

**6**  
Egg & Cheese Muffin  
OR  
Cereal Bar w/String Cheese  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit Juice  
1% and Fat Free Milk

**7**  
Whole Grain Breakfast Pizza  
OR  
Cinnamon Mini Cinni's  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

**10**  
Waffle w/Turkey Sausage  
OR  
Cereal Bar w/ String Cheese  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

**11**  
Breakfast Burrito  
OR  
Trix Yogurt w/Graham Crackers  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit Juice  
1% and Fat Free Milk

**12**  
Whole Grain Breakfast Pizza  
OR  
Stuffed Bagel  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

**13**  
Cheesy Eggs w/Toast  
OR  
Trix Yogurt w/Graham Crackers  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk



**17**  
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

**18**  
Cheesy Egg W/Toast  
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  
Chocolate Chip Ultimate Breakfast Bar  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

**20**  
Whole Grain Breakfast Pizza  
OR  
Cinnamon Mini Cinni's  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

**21**  
Turkey Sausage & Cheese Muffin  
OR  
Cereal Bar & String Cheese  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

**24**  
Waffle w/Turkey Sausage  
OR  
Trix Yogurt w/Graham Crackers  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

**25**  
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

**26**  
Whole Wheat Pancakes W/ Turkey Sausage  
OR  
Stuffed Bagel  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit Juice  
1% and Fat Free Milk

**27**  
Breakfast on a stick  
OR  
Trix Yogurt w/Graham Crackers  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit Juice  
1% and Fat Free Milk

**28**  
Breakfast Burrito  
OR  
Cereal Bar & String Cheese  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk