



**VAIL SCHOOL DISTRICT
VAIL ACADEMY MS&HS
BREAKFAST- FEBRUARY 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.



9th – 12th grade students will be offered a Double Berry Yogurt Parfait in place of Trix



Whole Grain unsweetened Cheerio's cereal is available daily.

1
Cheesy Eggs w/Toast

OR

Trix Yogurt w/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

2
Sausage & Cheese Bagelwich

OR

Chocolate Chip Ultimate Breakfast Bar

OR

Assorted Whole Grain Cereal w/Toast

Fruit Juice
1% and Fat Free Milk

5
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

6
Cheesy Egg W/Toast

OR

Cereal Bar & String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

7
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

8
Whole Grain Breakfast Pizza

OR

Cinnamon Mini Cinni's

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

9
Turkey Sausage & Cheese Muffin

OR

Cereal Bar & String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

12
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

13
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

14
Whole Wheat Pancake w/ Turkey Sausage

OR

Stuffed Bagel

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

15
Breakfast on a Stick

OR

Trix Yogurt W/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

16
Breakfast Burrito

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

Trix Yogurt w/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

20
Cheesy Eggs & Toast

OR

Cereal Bar & String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

21
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

22
School Closed Rodeo Break February 22 & 23



23
School Closed Rodeo Break February 22 & 23



26
Whole Wheat Pancake w/ Turkey Sausage

OR

Cereal Bar w/String Cheese

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

27
Breakfast Burrito

OR

Trix Yogurt w/Graham Crackers

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

28
Whole Grain Breakfast Pizza

OR

Stuffed Bagel

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

Breakfast, the most important meal of the day!



Nutritional information is available at the food service office.

Menus subject to change without notice.

“This institution is an equal opportunity provider.”