



**VAIL SCHOOL DISTRICT
HIGH SCHOOL BREAKFAST
JANUARY 2018**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Winter
Break
School
Closed
January
1st – 5th**



**All juice
offered on our
breakfast menu
is 100% fruit
juice.**



**Made to order
Belgium Waffle
& Sausage Pattie
served daily.**

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

**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**

8
Whole Wheat Pancakes
W/ Turkey Sausage
OR
Double Berry Yogurt
Parfait
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit
1% and Fat Free Milk**

9
Cheesy Eggs w/Toast
OR
Cereal Bar w/String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit Juice
1% and Fat Free Milk**

10
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**


11
Whole Grain Breakfast
Pizza
OR
Cinnamon Mini Cinni's
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit
1% and Fat Free Milk**

12
Turkey Sausage &
Cheese Muffin
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit Juice
1% and Fat Free Milk**

15
School Closed
Martin Luther King Jr.
Day



16
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**

17
Whole Wheat Pancakes
w/ Turkey Sausage
OR
Stuffed Bagel
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit
1% and Fat Free Milk**

18
Breakfast on a Stick
OR
Double Berry Yogurt
Parfait
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit
1% and Fat Free Milk**

19
Breakfast Burrito
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit Juice
1% and Fat Free Milk**

22
Blueberry Breakfast on
a Stick
OR
Double Berry Yogurt
Parfait
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit
1% and Fat Free Milk**

23
Cheesy Eggs & Toast
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit Juice
1% and Fat Free Milk**

24
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**

25
Egg& Cheese Muffin
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit
1% and Fat Free Milk**

26
Whole Grain Breakfast
Pizza
OR
Cinnamon Mini Cinni's
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit Juice
1% and Fat Free Milk**

29
Whole Grain Breakfast
Pizza
OR
Cereal Bar w/String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit
1% and Fat Free Milk**

30
Breakfast Burrito
OR
Double Berry Yogurt
Parfait
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit Juice
1% and Fat Free Milk**

31
Whole Grain Breakfast
Pizza
OR
Stuffed Bagel
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

**Fruit
1% and Fat Free Milk**

**Eat Right!
Stay Bright!**

**20% of the
food we eat is
used to fuel the
brain!**

**Nutritional
information is
available at the
food service office.**

**Menus subject to
change without
notice.**

“This institution is an equal opportunity provider.”