



**VAIL SCHOOL DISTRICT
VAIL ACADEMY MS&HS
BREAKFAST – MAY 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

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

2
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

3
Whole Grain Breakfast Pizza
OR
Cinnamon Mini Cinni's
OR
Assorted Whole Grain Cereal w/ Wheat Toast
Fruit
1% and Fat Free Milk

4
Turkey Sausage & Cheese Muffin
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast
Fruit Juice
1% and Fat Free Milk

7
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

8
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

9
Whole Wheat Pancake W/ Turkey Sausage
OR
Stuffed Bagel
OR
Assorted Whole Grain Cereal w/ Wheat Toast
Fruit
1% and Fat Free Milk

10
Breakfast on a Stick
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast
Fruit
1% and Fat Free Milk

11
Breakfast Burrito
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast
Fruit Juice
1% and Fat Free Milk

14
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

15
Cheesy Egg W/Toast
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast
Fruit Juice
1% and Fat Free Milk

16
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

17
Egg & Cheese Muffin
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast
Fruit
1% and Fat Free Milk

18
Whole Grain Breakfast Pizza
OR
Cinnamon Mini Cinni's
OR
Assorted Whole Grain Cereal w/ Wheat Toast
Fruit Juice
1% and Fat Free Milk

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

22
Breakfast Burrito
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast
Fruit Juice
1% and Fat Free Milk

23
Whole Grain Breakfast Pizza
OR
Stuffed Bagel
OR
Assorted Whole Grain Cereal w/ Wheat Toast
Fruit
1% and Fat Free Milk

24
Cheesy Egg W/Toast
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast
Fruit
1% and Fat Free Milk

25
Sausage & Cheese Bagelwich
OR
Chocolate Chip Ultimate Breakfast Bar
OR
Assorted Whole Grain Cereal w/ Wheat Toast
Fruit Juice
1% and Fat Free Milk



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 Yogurt


Whole Grain unsweetened Cheerio's cereal is available daily.

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

“This institution is an equal opportunity provider.”