




**VAIL SCHOOL DISTRICT
VAIL ACADEMY MS&HS
BREAKFAST- MARCH 2018**

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

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

WEDNESDAY


Whole Grain unsweetened Cheerio's cereal is available daily.

THURSDAY

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

FRIDAY

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

**School Closed
Spring Break March 12th – 23rd**



Breakfast, the most important meal of the day!


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

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

29
Cheesy Eggs w/Toast
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast
Fruit
1% and Fat Free Milk

No School Good Friday
