



**VAIL SCHOOL DISTRICT
BREAKFAST – MAY 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.**

**BREAKFAST
BOOST YOUR;

Metabolism!
Energy level!
Brain Power!**

<p>1 Blueberry Breakfast on a stick OR Trix Yogurt w/ Graham Crackers OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit 1% and Fat Free Milk</p>	<p>2 Cheesy Eggs & Toast OR Cereal Bar w/String Cheese Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit Juice 1% and Fat Free Milk</p>	<p>3 Whole Wheat Pancakes w/Turkey Sausage OR Chocolate Chip Ultimate Breakfast Bar OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit 1% and Fat Free Milk</p>	<p>4 Egg & Cheese Muffin OR Cereal Bar w/String Cheese OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit Juice 1% and Fat Free Milk</p>	<p>5 Whole Grain Breakfast Pizza OR Cinnamon Mini Cinni's OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit 1% and Fat Free Milk</p>
<p>8 Waffle w/Turkey Sausage OR Cereal Bar w/ String Cheese OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit 1% and Fat Free Milk</p>	<p>9 Breakfast Burrito OR Trix Yogurt w/Graham Crackers OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit Juice 1% and Fat Free Milk</p>	<p>10 Whole Grain Breakfast Pizza OR Stuffed Bagel OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit 1% and Fat Free Milk</p>	<p>11 Cheesy Eggs w/Toast OR Trix Yogurt w/Graham Crackers OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit 1% and Fat Free Milk</p>	<p>12 Sausage & Cheese Bagelwich OR Chocolate Chip Ultimate Breakfast Bar OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit 1% and Fat Free Milk</p>
<p>15 Whole Wheat Pancakes w/ Turkey Sausage OR Trix Yogurt w/Graham Crackers OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit 1% and Fat Free Milk</p>	<p>16 Cheesy Egg W/Toast OR Cereal Bar & String Cheese OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit Juice 1% and Fat Free Milk</p>	<p>17 Blueberry Breakfast on a stick OR Chocolate Chip Ultimate Breakfast Bar OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit 1% and Fat Free Milk</p>	<p>18 Whole Grain Breakfast Pizza OR Cinnamon Mini Cinni's OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit 1% and Fat Free Milk</p>	<p>19 Turkey Sausage & Cheese Muffin OR Cereal Bar & String Cheese OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit 1% and Fat Free Milk</p>
<p>22 Waffle w/Turkey Sausage OR Trix Yogurt w/Graham Crackers OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit 1% and Fat Free Milk</p>	<p>23 Whole Grain Breakfast Pizza OR Chocolate Chip Ultimate Breakfast Bar OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit Juice 1% and Fat Free Milk</p>	<p>24 Whole Wheat Pancakes W/ Turkey Sausage OR Stuffed Bagel OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit Juice 1% and Fat Free Milk</p>	<p>25 Breakfast on a stick OR Trix Yogurt w/Graham Crackers OR Assorted Whole Grain Cereal w/ Wheat Toast</p> <p>Fruit Juice 1% and Fat Free Milk</p>	<p>26 </p>

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