



**VAIL SCHOOL DISTRICT
ELEMENTARY & MIDDLE SCHOOL
BREAKFAST – DECEMBER 2017**

MONDAY

TUESDAY

WEDNESDAY

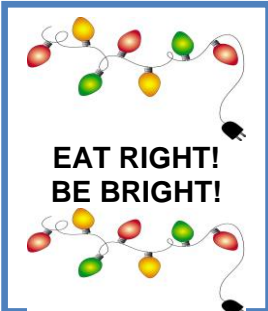
THURSDAY

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



Whole Grain unsweetened Cheerio's cereal is available daily.

All other cereals offered are whole grain reduced sugar.

All Grains offered for Breakfast are Whole Grain Rich!

1
Turkey Sausage & Cheese Muffin
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice 1% and Fat Free Milk

4
Waffles w/Turkey Sausage
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit 1% and Fat Free Milk

5
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

6
Whole Wheat Pancakes W/ Turkey Sausage
OR
Stuffed Bagel
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit 1% and Fat Free Milk

7
Breakfast on a Stick
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit 1% and Fat Free Milk

8
Breakfast Burrito
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice 1% and Fat Free Milk

11
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

12
Cheesy Eggs & Toast
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice 1% and Fat Free Milk

13
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

14
Egg & Cheese Muffin
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit 1% and Fat Free Milk

15
Whole Grain Breakfast Pizza
OR
Cinnamon Mini Cinni's
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice 1% and Fat Free Milk

18
Waffles w/Turkey Sausage
OR
Cereal Bar w/String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit 1% and Fat Free Milk

19
Breakfast Burrito
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice 1% and Fat Free Milk

20
Whole Grain Breakfast Pizza
OR
Stuffed Bagel
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit 1% and Fat Free Milk

21
Cheesy Eggs w/Toast
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit 1% and Fat Free Milk

22
Sausage & Cheese Bagelwich
OR
Chocolate Chip Ultimate Breakfast Bar
OR
Assorted Whole Grain Cereal w/Toast

Fruit Juice 1% and Fat Free Milk

**School Closed
Winter Break
December 25–December 29**



Nutritional information is available at the food service office.

Menus subject to change without notice.

“This institution is an equal opportunity provider.”