



**VAIL SCHOOL DISTRICT  
HIGH 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**

**Made to order Belgium Waffles w/ Sausage Pattie served daily.**  
**Breakfast is the most important meal of the day.**



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  
Breakfast Burrito  
  
OR  
Double Berry Yogurt Parfait  
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  
Double Berry Yogurt Parfait  
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  
Double Berry Yogurt Parfait  
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  
Whole Grain Breakfast Pizza  
OR  
Cereal Bar w/String Cheese  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

19  
Breakfast Burrito  
  
OR  
Double Berry Yogurt Parfait  
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  
Double Berry Yogurt Parfait  
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**