



VAIL SCHOOL DISTRICT BREAKFAST – NOVEMBER 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

Nutritional information is available at the food service office.

Menus subject to change without notice.

1
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

2
Whole Grain Breakfast Pizza
OR
Cinnamon Mini Cinni's

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

3
Turkey Sausage & Cheese Muffin
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

6
Waffle w/Turkey Sausage
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

7
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

8
Whole Wheat Pancake w/ Turkey Sausage
OR
Stuffed Bagel

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

9
Breakfast on a Stick
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk



13
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

14
Cheesy Eggs & Toast
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

15
Whole Wheat Pancake w/ Turkey Sausage
OR
Chocolate Chip Ultimate Breakfast Bar
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

16
Egg & Cheese Muffin
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

17
Whole Grain Breakfast Pizza
OR
Cinnamon Mini Cinni's

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit

20
Waffle w/Turkey Sausage
OR
Cereal Bar w/String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

21
Breakfast Burrito
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk



27
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

28
Cheese Eggs & Toast
OR
Cereal Bar w/String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

29
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

30
Whole Grain Breakfast Pizza
OR
Cinnamon Mini Cinni's

OR

Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

1
School lunch provides 1/3 of the average daily calorie needs for kids by age.

“This institution is an equal opportunity provider.”