



VAIL SCHOOL DISTRICT VAIL ACADEMY MS&HS BREAKFAST- APRIL 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
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

3
Cheesy Egg W/Toast

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

Fruit Juice
1% and Fat Free Milk

4
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

5
Whole Grain Breakfast
Pizza
OR
Cinnamon Mini Cinni's

OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

6
Turkey Sausage &
Cheese Muffin
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

9
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

10
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

11
Whole Wheat Pancake
W/ Turkey Sausage
OR
Stuffed Bagel

OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

12
Breakfast on a Stick

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

Fruit
1% and Fat Free Milk

13
Breakfast Burrito

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

Fruit Juice
1% and Fat Free Milk

16
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

17
Cheesy Egg W/Toast

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

Fruit Juice
1% and Fat Free Milk

18
Whole Wheat Pancake
W/ Turkey Sausage
OR
Chocolate Chip Ultimate
Breakfast Bar
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

19
Egg & Cheese Muffin

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

Fruit
1% and Fat Free Milk

20
Whole Grain Breakfast
Pizza
OR
Cinnamon Mini Cinni's

OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

23
Whole Grain Pancake
w/Turkey Sausage
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

24
Breakfast Burrito

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

Fruit Juice
1% and Fat Free Milk

25
Whole Grain Breakfast
Pizza
OR
Stuffed Bagel

OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

26
Cheesy Egg W/Toast

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

Fruit
1% and Fat Free Milk


27
Sausage & Cheese
Bagelwich
OR
Chocolate Chip Ultimate
Breakfast Bar
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

30
Whole Grain Pancake
w/Turkey Sausage
OR
Cereal Bar w/String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk


**Whole Grain
unsweetened
Cheerio's cereal is
available daily.**

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

**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.**

“This institution is an equal opportunity provider.”