



**VAIL SCHOOL DISTRICT
ELEMENTARY & MIDDLE SCHOOL
BREAKFAST – JANUARY 2018**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Winter
Break
School
Closed
January
1st – 5th**



All juice
offered on our
breakfast menu
is 100% fruit
juice.




Whole Grain
unsweetened
Cheerio's cereal is
available daily.

**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**

8
Whole Wheat Pancakes
W/ Turkey Sausage
OR
Trix Yogurt w/Graham
Crackers
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

9
Cheesy Egg W/Toast
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

10
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


11
Whole Grain Breakfast
Pizza
OR
Cinnamon Mini Cinni's
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

12
Turkey Sausage &
Cheese Muffin
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

15
**School Closed
Martin Luther Jr
King Day**



16
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

17
Whole Wheat Pancakes
W/ Turkey Sausage
OR
Stuffed Bagel
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

18
Breakfast on a Stick
OR
Trix Yogurt w/Graham
Crackers
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

19
Breakfast Burrito
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

22
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

23
Cheesy Eggs & Toast
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

24
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

25
Egg & Cheese Muffin
OR
Cereal Bar & String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

26
Whole Grain Breakfast
Pizza
OR
Cinnamon Mini Cinni's
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

29
Waffles w/Turkey
Sausage
OR
Cereal Bar w/String
Cheese
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

30
Breakfast Burrito
OR
Trix Yogurt w/Graham
Crackers
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

31
Whole Grain Breakfast
Pizza
OR
Stuffed Bagel
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

**Breakfast, the
most important
meal of the
day!**



Nutritional
information is
available at the
food service office.

Menus subject to
change without
notice.

“This institution is an equal opportunity provider.”