



**VAIL SCHOOL DISTRICT
BREAKFAST
JANUARY 2019**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Happy New Year!!
Have a Healthy and Happy
New Year!!
Winter Break
School Closed
December 31 – January 4**



**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.

7
Waffles w/Turkey
Sausage
OR
Trix Yogurt w/Graham
Crackers
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

8
Breakfast Burrito

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

Fruit Juice
1% and Fat Free Milk

9
Whole Grain Breakfast
Pizza
OR
Filled Bagel

OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

10
Cheesy Eggs & Toast

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

Fruit
1% and Fat Free Milk

11
Turkey Sausage &
Cheese Bagelwich
OR
Chocolate Chip Ultimate
Breakfast Bar
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit Juice
1% and Fat Free Milk

14
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

15
Cheesy Eggs & Toast

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

Fruit Juice
1% and Fat Free Milk

16
Breakfast on a Stick

OR
Chocolate Chip Ultimate
Breakfast Bar
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

17
Whole Grain Breakfast
Pizza
OR
Cinnamon Mini Cinni's

OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

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

Fruit Juice
1% and Fat Free Milk

21
**School Closed
Martin Luther Jr
King Day**

21
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

23
Whole Wheat Pancakes
W/ Turkey Sausage

OR
Filled Bagel
OR
Assorted Whole Grain
Cereal w/
Wheat Toast

Fruit
1% and Fat Free Milk

24
Breakfast on a Stick

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

Fruit
1% and Fat Free Milk

25
Breakfast Burrito

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

Fruit Juice
1% and Fat Free Milk

28
Breakfast on a Stick

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

Fruit
1% and Fat Free Milk

29
Cheesy Eggs & Toast

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

Fruit Juice
1% and Fat Free Milk

30
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

31
Egg & Cheese Muffin

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.**

“This institution is an equal opportunity provider.”