



**VAIL SCHOOL DISTRICT
BREAKFAST – SEPTEMBER 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

Eating a nutritious breakfast sets the tone for the day and promotes weight maintenance and weight loss by maintaining blood glucose levels and your metabolism.



Nutritional information is available at the food service office.
Menus subject to change without notice.

1
Sausage & Cheese Bagelwich
OR
Chocolate Chip Ultimate Breakfast Bar
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

4
LABOR DAY SCHOOL CLOSED


5
Cheesy Egg W/Toast
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

6
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

7
Whole Grain Breakfast Pizza
OR
Cinnamon Mini Cinni's
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

8
Turkey Sausage & Cheese Muffin
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

11
Waffle w/Turkey Sausage
OR
Trix Yogurt w/Graham Crackers
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

12
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

13
Whole Wheat Pancake W/ Turkey Sausage
OR
Stuffed Bagel
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

14
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

15
Breakfast Burrito
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

18
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

19
Cheesy Eggs & Toast
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

20
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

21
Egg & Cheese Muffin
OR
Cereal Bar & String Cheese
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk

22
Whole Grain Breakfast Pizza
OR
Cinnamon Mini Cinni's
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk

25
SPRING BREAK WEEK
SCHOOL CLOSED




27
HAVE A SAFE AND FUN FALL BREAK!



29
Eat Breakfast !
Jump Start Your Brain.