



**VAIL SCHOOL DISTRICT  
BREAKFAST – OCTOBER 2018**



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Fall break  
School  
Closed**  
  
October 1<sup>st</sup> – 5<sup>th</sup>

**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.**  
  
**Breakfast Entrée  
contains either 2  
grains or 1 grain  
and 1 meat.**

**Breakfast, the  
most important  
meal of the  
day!**  
  
**EAT RIGHT!  
BE BRIGHT!**



**Fall break  
School  
Closed**  
  
October 8<sup>th</sup> – 12<sup>th</sup>

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


  
  
Pumpkins are grown  
all over the world.  
In fact, six of seven  
continents (all except  
Antarctica) grow  
pumpkins.

**All Grains  
Offered for  
Breakfast are  
Whole Grain  
Rich!**  
  
**This is a  
Trans Fat  
Free Menu!**

**The average  
person sits down  
to breakfast at  
7:31am during the  
week and 8:28am  
on the weekend.**

15  
Waffles w/Turkey  
Sausage  
OR  
Trix Yogurt w/Graham  
Crackers  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast  
  
Fruit  
1% and Fat Free Milk

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 Burrito  
  
OR  
Trix Yogurt w/Graham  
Crackers  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast  
  
Fruit  
1% and Fat Free Milk

19  
Breakfast on a Stick  
  
OR  
Cereal Bar w/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 w/Toast  
  
OR  
Cereal Bar w/String  
Cheese  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast  
  
Fruit Juice  
1% and Fat Free Milk

24  
Turkey Sausage &  
Cheese Muffin  
OR  
Chocolate Chip Ultimate  
Breakfast Bar  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast  
  
Fruit  
1% and Fat Free Milk

25  
Whole Wheat Pancakes  
W/ Turkey Sausage  
OR  
Cereal Bar w/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  
Cinnamon Mini Cinni's  
  
OR  
Assorted Whole Grain  
Cereal w/  
Wheat Toast  
  
Fruit  
1% and Fat Free Milk

  
  
Whole Grain  
unsweetened  
Cheerio's cereal is  
available daily.  
All other cereals offered  
are whole grain reduced  
sugar.

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

**“This institution is an equal opportunity provider.”**