



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

**MONDAY**

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



**TUESDAY**

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.

**WEDNESDAY**



**THURSDAY**

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



**FRIDAY**



Whole Grain unsweetened Cheerio's cereal is available daily.



**HAVE A GREAT YEAR!**



16  
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

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  
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

19  
Whole Grain Breakfast Pizza  
OR  
Cinnamon Mini Cinni's  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

20  
Turkey Sausage & Cheese Muffin  
OR  
Cereal Bar & String Cheese  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit Juice  
1% and Fat Free Milk

23  
Waffles w/Turkey Sausage  
OR  
Trix Yogurt w/Graham Crackers  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

24  
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

25  
Whole Wheat Pancakes W/ Turkey Sausage  
OR  
Stuffed Bagel  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

26  
Breakfast Burrito  
OR  
Trix Yogurt w/Graham Crackers  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit  
1% and Fat Free Milk

27  
Breakfast on a Stick  
OR  
Cereal Bar & String Cheese  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit Juice  
1% and Fat Free Milk

30  
**School Closed**



31  
Cheesy Eggs & Toast  
OR  
Cereal Bar & String Cheese  
OR  
Assorted Whole Grain Cereal w/ Wheat Toast  
  
Fruit Juice  
1% and Fat Free Milk

**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.

**Eat Breakfast!**  
**Jump Start Your Brain.**

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