



**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



BrainFood

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

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

Fruit
1% and Fat Free Milk**

17

**Breakfast Burrito
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit Juice
1% and Fat Free Milk**

18

**Blueberry Breakfast on A Stick
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk**

19

**Whole Grain Breakfast Pizza
OR
Assorted Whole Grain Cereal w/ Wheat Toast

Fruit
1% and Fat Free Milk**

20

**Cini Minis
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**

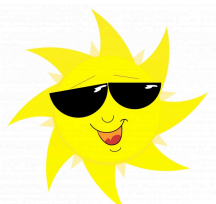
27

**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.”