



VAIL SCHOOL DISTRICT ELEMENTARY LUNCH MENU SEPTEMBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Students Must Select 3 out of the 5 Meal Components.</p> <p>One Of The 3 Components Selected, <u>MUST</u> Be Fruit or Vegetable.</p>			<p>DYK FACT: Mushrooms have no chlorophyll (a green pigment in plants), so they don't need sunshine to grow and thrive.</p>	<p>School lunch provides 1/3 of the average daily calorie needs for kids by age.</p>
<p>Menu Subject to Change Without Notice</p>	<p>All lunch meals also include our self-service fresh veggie bar and condiment table.</p>	<p>September Fresh Pick is Summer Squash!</p>	<p>Our menu is Trans Fat Free!</p>	<p>Nutritional information is available at the Food Service Office.</p>
	<p>4 <u>Meat & Grain</u> Rotini & Meat Sauce</p> <p>Chicken Patty Sandwich</p> <p>Crispy Chicken Wrap</p>	<p>5 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>National Cheese Pizza Day!</p> <p>Whole Grain Corn Dog</p> <p>Chef Salad w/ Dinner Roll</p>	<p>6 <u>Meat & Grain</u> Beefy Nachos</p> <p>Grilled Chicken Pita w/Sesame Drizzle</p> <p>Turkey & Cheese Sandwich</p>	<p>7 <u>Meat & Grain</u> Grilled Cheese & Tomato Soup</p> <p>Whole Grain Bean & Cheese Burrito</p> <p>Sun Butter & Jelly Sandwich</p> <p>Cookie Day!</p>
<p>LABOR DAY SCHOOL CLOSED</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>
<p>10 <u>Meat & Grain</u> Chicken Nuggets w/Dinner Roll</p> <p>Chili Frito Pie w/Dinner Roll</p> <p>Italian Sub</p>	<p>11 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Chicken Patty Sandwich</p> <p>Crispy Chicken Salad w/Dinner Roll</p>	<p>12 <u>Meat & Grain</u> Breakfast for Lunch Whole Grain Pancakes and Turkey Sausage Patties Cheeseburger Buffalo Chicken Salad w/ Dinner Roll</p>	<p>13 <u>Meat & Grain</u> Whole Grain Corn Dog</p> <p>Turkey & Cheese Sub</p> <p>EARLY RELEASE</p>	<p>14 <u>Meat & Grain</u> Whole Grain Bean & Cheese Burrito</p> <p>Trixs Yogurt/String Cheese/ Graham Crackers</p> <p>EARLY RELEASE</p>
<p><u>Vegetable / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Celery Sticks Fruit 1% or Fat Free Milk</p>
<p>17 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Grilled Cheese & Tomato Soup</p> <p>Sun Butter & Jelly Sandwich</p>	<p>18 <u>Meat & Grain</u> Spaghetti & Meatballs</p> <p>Cheeseburger</p> <p>Buffalo Chicken Wrap</p> <p>NATIONAL CHEESEBURGER DAY!</p>	<p>19 <u>Meat & Grain</u> Beefy Nachos</p> <p>Chicken Patty Sandwich</p> <p>Chicken Caesar Salad w/ Dinner Roll</p>	<p>20 <u>Meat & Grain</u> Chicken Nuggets & Waffles</p> <p>BBQ Riblet Sandwich</p> <p>Chef Salad w/Dinner Roll</p>	<p>21 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Whole Grain Bean & Cheese Burrito</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</p>
<p><u>Vegetable / Fruit / Milk</u> Oven Baked Potatoes Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>Fall Break Week 9/24 – 9/28 All Schools Closed</p>		<p>First Day of Fall is September 22nd.</p>	<p>All grains offered are Whole Grain Rich. Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.</p>	



REMEMBER – GRANDPARENTS DAY SUNDAY, SEPTEMBER 9TH



DYK - September Is:
National Honey Month
National Mushroom Month
National Whole Grain Month



“This institution is an equal opportunity provider.”