




VAIL SCHOOL DISTRICT ELEMENTARY LUNCH MENU OCTOBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Fall break School Closed October 1st – 5th</p>	<p>freshpick for better health by sodexo</p>	<p>OCTOBER FRESH PICK IS: </p>	<p>DYK FACT: Cauliflower is in the same family as cabbage, brussel sprouts, kale, broccoli and collard greens.</p>	<p>Students Must Select 3 out of the 5 Meal Components. One Of The 3 Components Selected, MUST Be Fruit or Vegetable.</p>
<p>Fall break School Closed October 8th – 12th</p>	<p>All lunch meals also include our self-service fresh veggie bar and condiment table.</p>	<p>School lunch provides 1/3 of the average daily calorie needs for kids by age. </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>	<p>Our menu is Trans Fat Free!</p>
<p>15 Meat & Grain Cheese or Pepperoni Pizza Grilled Cheese & Tomato Soup Sun Butter & Jelly Sandwich</p> <p>National</p>	<p>16 Meat & Grain Spaghetti & Meatballs Chicken Nuggets w/ Dinner Roll Buffalo Chicken Wrap</p> <p>School</p>	<p>17 Meat & Grain Beefy Nachos Chicken Patty Sandwich Chicken Caesar Salad w/ Dinner Roll</p> <p>Lunch STRAWBERRY MILK DAY!</p>	<p>18 Meat & Grain Chicken Nuggets & Waffles Grilled Chicken Pita w/Sesame Drizzle Chef Salad w/Dinner Roll</p> <p>Week! LUCKY TRAY DAY!</p>	<p>19 Meat & Grain Cheese or Pepperoni Pizza Whole Grain Bean & Cheese Burrito Trix Yogurt/String Cheese/ Graham Crackers</p> <p>Cookie Day! </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> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>22 Meat & Grain Cheese Enchiladas Hot Dog Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>23 Meat & Grain Cheese or Pepperoni Pizza Chicken Patty Sandwich Sun Butter & Jelly Sandwich</p>	<p>24 Meat & Grain Breakfast for Lunch Whole Grain Pancakes and Turkey Sausage Patties Meatball Sub Buffalo Chicken Salad w/Dinner Roll</p>	<p>25 World Pasta Day!! Meat & Grain Mac & Cheese with Chicken Nuggets Cheese Quesadilla American Sub</p>	<p>26 National Pumpkin Day! Meat & Grain Cheese or Pepperoni Pizza Cheeseburger Italian Sub </p>
<p><u>Vegetable / Fruit / Milk</u> Refried Beans 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> Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>29 Meat & Grain Chicken Nuggets w/ Dinner Roll Cheeseburger Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>30 Meat & Grain Rotini & Meat Sauce Chicken Patty Sandwich Crispy Chicken Wrap</p>	<p>31 Meat & Grain Cheese or Pepperoni Pizza Corn Dog Chef Salad w/Dinner Roll</p>	<p>Happy Halloween </p>	<p>Nutritional information is available at the Food Service Office.</p>
<p><u>Vegetable / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk</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>Menu Subject to Change Without Notice</p>



OCTOBER DYK:
October 15 – 19 is National School Lunch Week!

OCTOBER IS NATIONAL PIZZA MONTH! 
OCTOBER 26th IS NATIONAL PUMPKIN DAY!
October 22nd – 26th is National School Bus Safety Week!





“This institution is an equal opportunity provider.”