



VAIL SCHOOL DISTRICT
 ESMOND STATION
 MIDDLE SCHOOL LUNCH MENU
 DECEMBER 10 - 14, 2018



sodexo
 QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Grilled Cheese w/Tomato Soup	Spicy Chicken Patty		Pepperoni Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/String Cheese OR Chef Salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Spaghetti & Meatballs	Chicken Nuggets w/Dinner Roll	Our menu is Trans Fat Free!	Sausage Pizza OR Cheese Pizza	Buffalo Chicken Wrap OR Buffalo Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Cheese Enchiladas	Chicken Patty Sandwich	Beefy Nachos		Turkey & Cheese Sub OR Chicken Caesar Salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	Fresh Pick for December is Broccoli.	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
Chicken Nuggets & Waffles	Cheeseburger	Strawberry Milk Day! 	Pepperoni Pizza OR Cheese Pizza	Italian Sub OR Chef Salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk
Friday	Friday	Friday	Friday	Friday
Sesame Ginger Chicken w/Pasta		Whole Grain Bean & Cheese Burrito	Supreme Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/ String Cheese OR Crispy Chicken Salad W/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk

Students MUST select 3 out of the 5 meal components.
 One of the 3 components selected MUST be a fruit or vegetable.



All lunch meals also include our self-service fresh veggie bar and condiment table.



All grains offered are Whole Grain Rich. Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.

Menu subject to change without notice.

Nutritional information is available at the Food Service office.

“This institution is an equal opportunity provider.”