



VAIL SCHOOL DISTRICT ESMOND STATION MIDDLE SCHOOL LUNCH MENU DECEMBER 3 – 7 2018



sodexo
QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Chili Frito Pie w/Dinner Roll	Chicken Nuggets w/Dinner Roll	<p>Fresh Pick for December is Broccoli.</p>	Pepperoni Pizza OR Cheese Pizza	Italian Sub
<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
National Cookie Day! 	Chicken Patty Sandwich	Beefy Nachos	Sausage Pizza OR Cheese Pizza	Crispy Chicken 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
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Brunch for Lunch Whole Grain Pancakes and Turkey Sausage Patties	Cheeseburger	School lunch provides 1/3 of the average daily calorie needs for kids by age. 	Pepperoni Pizza OR Cheese Pizza	Buffalo Chicken Salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
Cheese Enchiladas	BBQ Pulled Pork Sandwich	Beefy Nachos		Turkey & Cheese Wrap
<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
	Friday	Friday	Friday	Friday
Orange Chicken w/Brown Rice	Turkey Hot Dog	Whole Grain Bean & Cheese Burrito		Sun Butter & Jelly Sandwich w/String Cheese
<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Corn 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.

Menu subject to change without notice.

Nutritional information is available at the Food Service office.



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. Our menu is Trans Fat Free!

“This institution is an equal opportunity provider.”