



VAIL SCHOOL DISTRICT  
 ESMOND STATION  
 MIDDLE SCHOOL LUNCH MENU  
 FEBRUARY 11 – 15 2019



sodexo  
 QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>
Fiesta Chili Frito Pie w/Dinner Roll	Chicken Nuggets w/Dinner Roll	 Fresh Pick for February is Leafy Greens.	Pepperoni Pizza OR Cheese Pizza	Italian Deli Sub
<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> Sweet Potato Fries Fruit 1% or Fat Free Milk
<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
 CHOOSE TO EAT WELL.	Chicken Patty Sandwich	Beefy Nachos	Sausage Pizza OR Cheese Pizza	Crispy Chicken Salad w/Dinner Roll
	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
Brunch for Lunch Whole Grain Pancakes and Turkey Sausage Patties	Cheeseburger	Chicken Fajita w/Spanish Rice	School lunch provides 1/3 of the average daily calorie needs for kids by age. 	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
<b>Thursday</b>	<b>Happy Thursday</b>	<b>Valentine's Thursday</b>	<b>Day Thursday</b>	<b>Thursday</b>
Cheese Enchiladas Frozen Sherbet	BBQ Pulled Pork Sandwich Cup w/	Beefy Nachos Hot Lunch!		Turkey & Cheese Wrap
<u>Veggie / Fruit / Milk</u> Sweet Potato Fries Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Sweet Potato Fries Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Sweet Potato Fries Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Sweet Potato Fries Fruit 1% or Fat Free Milk
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
	<b>Early Release</b>	Whole Grain Corn Dog	<b>Early Release</b>	Sun Butter & Jelly Sandwich w/String Cheese
		<u>Veggie / Fruit / Milk</u> Celery Sticks Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Celery Sticks 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.”