



VAIL SCHOOL DISTRICT
 ESMOND STATION
 MIDDLE SCHOOL LUNCH MENU
 FEBRUARY 25 – MARCH 1 2019



sodexo
 QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Cheese Enchiladas	Hot Dog	Beefy Nachos	School lunch provides 1/3 of the average daily calorie needs for kids by age. 	Turkey & Cheese Sub
<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		<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
All lunch meals also include our self- service fresh veggie bar and condiment table.	Chicken Patty Sandwich	Whole Grain Bean & Cheese Burrito	Sausage Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/ Cheese Stick
	<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
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Chicken Nuggets w/Mac & Cheese	Italian Meatball Sub		Pepperoni Pizza OR Cheese Pizza	Buffalo Chicken Salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Crazy Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Crazy Carrot Coins Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Crazy Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Crazy Carrot Coins Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
Breakfast for Lunch Whole Grain Pancakes and Turkey Sausage Patties	Chicken Patty Sandwich	Cheese Quesadilla	Our menu is Trans Fat Free!	American Sub
<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
Friday	Friday	Friday	Friday	Friday
	Pork Carnita Tacos	Cheese Quesadilla	Pepperoni Pizza OR Cheese Pizza	Italian 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> 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.

Menu subject to change without notice.



Nutritional information is available at the Food Service Office.

“This institution is an equal opportunity provider”