



VAIL SCHOOL DISTRICT
ESMOND STATION
MIDDLE SCHOOL LUNCH MENU
FEBURARY 4 - 8, 2019



sodexo
QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Chicken Nuggets w/ Dinner Roll <u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Cheeseburger Meatloaf w/Dinner Roll <u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Be Healthy! Eat well. Live well.	Pepperoni Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Italian Sub <u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Rockin' Rotini & Meat sauce <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Chicken Patty Sandwich <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Tuesday	Crispy Chicken Wrap <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Wednesday	BBQ Riblet Sandwich <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Cheese Enchiladas <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Pepperoni Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Garden Fresh Chef Salad w/ Dinner Roll <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
Early Release	Whole Grain Corn Dog <u>Veggie / Fruit / Milk</u> Celery Sticks Fruit 1% or Fat Free Milk	Early Release	School lunch provides 1/3 of the average daily calorie needs for kids by age. Thursday	Turkey Ham & Cheese Sub <u>Veggie / Fruit / Milk</u> Celery Sticks Fruit 1% or Fat Free Milk
Friday	Friday	Friday	Friday	Friday
Nutritional information is available at the Food Service office.	Early Release	Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk	Early Release	Sun Butter & Jelly Sandwich w/String Cheese <u>Veggie / Fruit / Milk</u> Carrot 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.

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.

“This institution is an equal opportunity provider.”

