



VAIL SCHOOL DISTRICT
 ESMOND STATION
 MIDDLE SCHOOL LUNCH MENU
 JANUARY 14 – 18 2019



sodexo
 QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Fiesta Chili Frito Pie w/Dinner Roll	Chicken Nuggets w/Dinner Roll	 Fresh Pick for January is Cabbage.	Pepperoni Pizza OR Cheese Pizza	Italian Deli Sub
Veggie / Fruit / Milk Sweet Potato Fries Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Sweet Potato Fries Fruit 1% or Fat Free Milk		Veggie / Fruit / Milk Sweet Potato Fries Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Sweet Potato Fries Fruit 1% or Fat Free Milk
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
	Chicken Patty Sandwich	Beefy Nachos	Sausage Pizza OR Cheese Pizza	Crispy Chicken Salad w/Dinner Roll
	Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
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
Veggie / Fruit / Milk Ranchero Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Ranchero Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Ranchero Beans Fruit 1% or Fat Free Milk		Veggie / Fruit / Milk Ranchero Beans Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
Cheese Enchiladas	BBQ Pulled Pork Sandwich	Beefy Nachos		Turkey & Cheese Wrap
Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk		Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk
	Friday	Friday	Friday	Friday
Turkey Gravy w/Dinner Roll	Turkey Hot Dog	Whole Grain Bean & Cheese Burrito		Sun Butter & Jelly Sandwich w/String Cheese
Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk		Veggie / Fruit / Milk Whipped Potatoes/Gravy 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.”