



VAIL SCHOOL DISTRICT  
 ESMOND STATION  
 MIDDLE SCHOOL LUNCH MENU  
 JANUARY 21 - 25 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>
<b>School Closed January 21<sup>st</sup> Martin Luther Jr King Day</b>				
<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
Spaghetti & Meatballs	Chicken Tenders w/Dinner Roll	Whole Grain Bean & Cheese Burrito	January is National Soup Month! 	Blazin' Buffalo Chicken Wrap
<u>Veggie / Fruit / Milk</u> Baked Squash Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Baked Squash Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Baked Squash Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Baked Squash Fruit 1% or Fat Free Milk
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
Cheese Enchiladas	Spicy Chicken Patty Sandwich	Beefy Nachos	School lunch provides 1/3 of the average daily calorie needs for kids by age. 	Chicken Caesar Salad w/ Dinner Roll
<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
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
Chicken Nuggets & Waffles	Grilled Chicken Pita w/ Sesame Drizzle		Pepperoni Pizza OR Cheese Pizza	Garden Fresh Chef 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
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
Sesame Ginger Chicken	<b>Nutritional information is available at the Food Service office.</b>	Whole Grain Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/ Cheese Stick
<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.



All lunch meals also include our self -service fresh veggie bar and condiment table.

Our menu is Trans Fat Free!

Menu subject to change without notice.

Nutritional information is available at the Food Service office.

“This institution is an equal opportunity provider.”