



VAIL SCHOOL DISTRICT
 ESMOND STATION
 MIDDLE SCHOOL LUNCH MENU
 JANUARY 28 – FEBRUARY 1 2019



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

“This institution is an equal opportunity provider”