



VAIL SCHOOL DISTRICT ESMOND STATION MIDDLE SCHOOL LUNCH MENU JANUARY 7 - 11, 2019



sodexo
QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Chicken Nuggets w/ Dinner Roll Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Cheeseburger Meatloaf w/Dinner Roll Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk		Pepperoni Pizza OR Cheese Pizza Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Italian Sub Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Rockin' Rotini & Meat sauce Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Chicken Patty Sandwich Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Whole Grain Bean & Cheese Burrito Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk		Crispy Chicken Wrap Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
 Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Whole Grain Corn Dog Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Cheese Enchiladas Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Pepperoni Pizza OR Cheese Pizza Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Garden Fresh Chef Salad w/ Dinner Roll Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
School lunch provides 1/3 of the average daily calorie needs for kids by age. 	BBQ Riblet Sandwich Veggie / Fruit / Milk Black Beans Fruit 1% or Fat Free Milk	Beefy Nachos Veggie / Fruit / Milk Black Beans Fruit 1% or Fat Free Milk	Pepperoni Pizza OR Cheese Pizza Veggie / Fruit / Milk Black Beans Fruit 1% or Fat Free Milk	Turkey Ham & Cheese Sub Veggie / Fruit / Milk Black Beans Fruit 1% or Fat Free Milk
Friday	National Friday	Milk Friday	Day! Friday	Friday
Grilled Cheese & Tomato Soup Veggie / Fruit / Milk Crazy Carrot Coins Fruit 1% or Fat Free Milk	Nutritional information is available at the Food Service office. Veggie / Fruit / Milk Crazy Carrot Coins Fruit 1% or Fat Free Milk	Whole Grain Bean & Cheese Burrito Veggie / Fruit / Milk Crazy Carrot Coins Fruit 1% or Fat Free Milk	Supreme Pizza OR Cheese Pizza Veggie / Fruit / Milk Crazy Carrot Coins Fruit 1% or Fat Free Milk	Sun Butter & Jelly Sandwich w/String Cheese Veggie / Fruit / Milk Crazy Carrot Coins 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.”

