



VAIL SCHOOL DISTRICT
ESMOND STATION
LUNCH MENU
NOVEMBER 12 - 16, 2018



sodexo
QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<u>Monday</u>	<u>Monday</u>	<u>Monday</u>	<u>Monday</u>	<u>Monday</u>
Veterans Day School Closed				
<u>Tuesday</u>	<u>Tuesday</u>	<u>Tuesday</u>	<u>Tuesday</u>	<u>Tuesday</u>
Spaghetti & Meatballs	Chicken Nuggets w/Dinner Roll		Sausage Pizza OR Cheese Pizza	Crispy Chicken Wrap OR Buffalo Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
<u>Wednesday</u>	<u>Wednesday</u>	<u>Wednesday</u>	<u>Wednesday</u>	<u>Wednesday</u>
Cheese Enchiladas	Chicken Patty Sandwich	Beefy Nachos		Turkey & Cheese Sub OR 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		Fresh Pick for November is Broccoli
<u>Thursday</u>	<u>Thursday</u>	<u>Thursday</u>	<u>Thursday</u>	<u>Thursday</u>
Fall Harvest Meal	Cheeseburger	Fall Harvest Meal		Fall Harvest Meal
<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
<u>Friday</u>	<u>Friday</u>	<u>Friday</u>	<u>Friday</u>	<u>Friday</u>
Sesame Ginger Chicken w/Pasta		Whole Grain Bean & Cheese Burrito	Supreme Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/ String Cheese OR Chef Salad W/ Dinner Roll
<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.



All grains offered are Whole Grain Rich. Items included are: pasta, breads, buns, tortillas, dinner rolls and all breadings used on food items.

Menu subject to change without notice.

Nutritional information is available at the Food Service office.

“This institution is an equal opportunity provider.”