




VAIL SCHOOL DISTRICT
 ESMOND STATION
 MIDDLE SCHOOL LUNCH
 MENU
 NOVEMBER 19 - 23, 2018



sodexo
 QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Cheese Enchiladas	Hot Dog	Beefy Nachos	School lunch provides 1/3 of the average daily calorie needs for kids by age. 	Turkey & Cheese Sub
<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
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
All lunch meals also include our self-service fresh veggie bar and condiment table.	Chicken Patty Sandwich	Whole Grain Bean & Cheese Burrito	Sausage Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/ Cheese Stick
	<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
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday

Thanksgiving Break
 No School
 November 21 – 23



Happy Thanksgiving



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.

“This institution is an equal opportunity provider”