



# VAIL SCHOOL DISTRICT ESMOND STATION MIDDLE SCHOOL LUNCH MENU NOVEMBER 26 - 30, 2018



**sodexo**  
QUALITY OF LIFE SERVICES

<b>REVOLVE</b>	<b>HONOR ROLL</b>	<b>FIESTA</b>	<b>UPPER CRUST</b>	<b>FAST TAKES</b>
<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>
Chicken Nuggets w/ Dinner Roll	Cheeseburger	<b>November is Good Nutrition Month! Go Further With Food!</b>	Pepperoni Pizza OR Cheese Pizza	Italian Sub
<u>Veggie / Fruit / Milk</u> Tater Tots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Tater Tots Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Tater Tots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Tater Tots Fruit 1% or Fat Free Milk
<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
Rotini & Meat sauce	Chicken Patty Sandwich	Whole Grain Bean & Cheese Burrito		Crispy Chicken Wrap
<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
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
	Whole Grain Corn Dog	Cheese Enchiladas	Pepperoni Pizza OR Cheese Pizza	Chef Salad w/ Dinner Roll
<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
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
School lunch provides 1/3 of the average daily calorie needs for kids by age. 	BBQ Riblet Sandwich	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	Italian Sub
	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
Grilled Cheese & Tomato Soup	<b>Nutritional information is available at the Food Service office.</b>	Whole Grain Bean & Cheese Burrito	Supreme Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/String Cheese
<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> 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.”**

