





VAIL SCHOOL DISTRICT  
ESMOND STATION  
MIDDLE SCHOOL LUNCH MENU  
NOVEMBER 5 - 9 2018



sodexo  
QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>
Chili Frito Pie w/ Dinner Roll	Chicken Nuggets w/ Dinner Roll	Beefy Nachos	School lunch provides 1/3 of the average daily calorie needs for kids by age. 	Italian Sub
<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>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
All grains offered are Whole Grain Rich.	Chicken Patty Sandwich	Cheese Enchiladas	Sausage Pizza OR Cheese Pizza	Crispy Chicken Salad w/Dinner Roll
	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
Early Release		Whole Grain Bean & Cheese Burrito	Early Release	Sun Butter & Jelly Sandwich w/String Cheese
		<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
All lunch meals also include our self-service fresh veggie bar and condiment table.	BBQ Pulled Pork Sandwich	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	Turkey and Cheese 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>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
Orange Chicken w/ Brown Rice	Turkey Hot Dog	Whole Grain Bean & Cheese Burrito	Our Menu is Trans Fat Free!	American Sub
<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn 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.”