



# VAIL SCHOOL DISTRICT ELEMENTARY LUNCH MENU JANUARY, 2019



sodexo  
QUALITY OF LIFE SERVICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Happy New Year!! Have a Healthy and Happy New Year!! Winter Break School Closed December 31 – January 4</b></p>			<p><b>Nutritional information is available at the Food Service Office.</b></p>	<p>All lunch meals also include our self-service fresh veggie bar and condiment table.</p> <p><b>Our menu is Trans Fat Free!</b></p>
<p><b>7</b> <u>Meat &amp; Grain</u> Chicken Nuggets w/Dinner Roll Cheeseburger Meatloaf w/Dinner Roll Trix Yogurt/String Cheese/Graham Crackers</p>	<p><b>8</b> <u>Meat &amp; Grain</u> Rockin' Rotini &amp; Meat Sauce Chicken Patty Sandwich Crispy Chicken Wrap</p>	<p><b>9</b> <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza Whole Grain Corn Dog Garden Fresh Chef Salad w/Dinner Roll</p>	<p><b>10</b> <u>Meat &amp; Grain</u> Beefy Nachos Rib B Q Sandwich Turkey Ham and Cheese Sub</p>	<p><b>11</b> <u>Meat &amp; Grain</u> Grilled Cheese &amp; Tomato Soup Whole Grain Bean &amp; Cheese Burrito Sun Butter &amp; Jelly Sandwich <b>National Milk Day!!</b></p>
<p><u>Vegetable / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Trees Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Crazy Carrot Coins Fruit 1% or Fat Free Milk</p>
<p><b>14</b> <u>Meat &amp; Grain</u> Chicken Nuggets w/ Dinner Roll Fiesta Chili Frito Pie w/Dinner Roll Italian Deli Sub</p>	<p><b>15</b> <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza Chicken Patty Sandwich Crispy Chicken Salad w/Dinner Roll</p>	<p><b>16</b> <u>Meat &amp; Grain</u> Breakfast for Lunch Whole Grain Pancakes and Turkey Sausage Patties Cheeseburger Buffalo Chicken Salad w/ Dinner Roll</p>	<p><b>17</b> <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza BBQ Pulled Pork Sandwich Turkey &amp; Cheese Wrap</p>	<p><b>18</b> <u>Meat &amp; Grain</u> Turkey &amp; Gravy w/Dinner Roll Turkey Hot Dog Trix Yogurt/String Cheese/Graham Crackers</p>
<p><u>Vegetable / Fruit / Milk</u> Sweet Potato Fries Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Trees Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk</p>
<p><b>21</b> <b>School Closed Martin Luther Jr King Day</b></p>	<p><b>22</b> <u>Meat &amp; Grain</u> Spaghetti &amp; Meatballs Chicken Tenders w/ Dinner Roll Blazin' Buffalo Chicken Wrap</p>	<p><b>23</b> <u>Meat &amp; Grain</u> Beefy Nachos Chicken Patty Sandwich Chicken Caesar Salad w/ Dinner Roll</p>	<p><b>24</b> <u>Meat &amp; Grain</u> Crispy Chicken Nuggets &amp; Wavy Waffles Grilled Chicken Pita w/Sesame Drizzle Garden Fresh Chef Salad w/Dinner Roll</p>	<p><b>25</b> <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza Whole Grain Bean &amp; Cheese Burrito Trix Yogurt/String Cheese/Graham Crackers</p>
	<p><u>Vegetable / Fruit / Milk</u> Baked Squash Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Crazy Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Trees Fruit 1% or Fat Free Milk</p>
<p><b>28</b> <u>Meat &amp; Grain</u> Cheese Enchiladas Hot Dog Trix Yogurt/String Cheese/Graham Crackers <b>Cookie Day!</b></p>	<p><b>29</b> <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza Chicken Patty Sandwich Sun Butter &amp; Jelly Sandwich</p>	<p><b>30</b> <u>Meat &amp; Grain</u> Whole Grain Bean &amp; Cheese Burrito American Sub <b>EARLY RELEASE</b></p>	<p><b>31</b> <u>Meat &amp; Grain</u> Breakfast for Lunch Whole Grain Pancakes and Turkey Sausage Patties Cheese Quesadilla Buffalo Chicken Salad w/Dinner Roll</p>	
<p><u>Vegetable / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Tater Tots Fruit 1% or Fat Free Milk</p>	

School lunch provides 1/3 of the average daily calorie needs for kids by age.

January 29<sup>th</sup> is National Puzzle Day.  
January is National Soup Month!

Fresh pick for January is Cabbage.

freshpick  
for better health  
by sodexo

Students Must Select 3 out of the 5 Meal Components.

One Of The 3 Components Selected, **MUST** Be Fruit or Vegetable.

“This institution is an equal opportunity provider.”