



VAIL SCHOOL DISTRICT  
VAIL ACADEMY MS&HS  
ELEMENTARY LUNCH MENU  
DECEMBER, 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Students Must Select 3 out of the 5 Meal Components.</b></p> <p><b>One Of The 3 Components Selected, <u>MUST</u> Be Fruit or Vegetable.</b></p>	<p>Broccoli is very high in Vitamin C, making 1 cup of chopped broccoli the Vitamin C equivalent of an orange. One cup of raw chopped broccoli will give you your entire daily needed intake.</p> 	 <p><b>Fresh Pick for December is Broccoli.</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>3</b></p> <p><u>Meat &amp; Grain</u> Chicken Nuggets w/ Dinner Roll Chili Frito Pie w/Dinner Roll Italian Sub</p>	<p><b>4</b></p> <p><u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza Chicken Patty Sandwich Crispy Chicken Salad w/Dinner Roll <b>National Cookie Day!</b></p>	<p><b>5</b></p> <p><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>6</b></p> <p><u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza BBQ Pulled Pork Sandwich Turkey &amp; Cheese Wrap</p>	<p><b>7</b></p> <p><u>Meat &amp; Grain</u> Orange Chicken w/Brown Rice Turkey Hot Dog Trix Yogurt/String Cheese/ Graham Crackers</p>
<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins 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 Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk</p>
<p><b>10</b></p> <p><u>Meat &amp; Grain</u> Grilled Cheese &amp; Tomato Soup Cheese or Pepperoni Pizza Sun Butter &amp; Jelly Sandwich</p>	<p><b>11</b></p> <p><u>Meat &amp; Grain</u> Spaghetti &amp; Meatballs Chicken Nuggets w/ Dinner Roll Buffalo Chicken Wrap</p>	<p><b>12</b></p> <p><u>Meat &amp; Grain</u> Beefy Nachos Chicken Patty Sandwich Chicken Caesar Salad w/ Dinner Roll</p>	<p><b>14</b></p> <p><u>Meat &amp; Grain</u> Chicken Nuggets &amp; Waffles Cheeseburger Chef Salad w/Dinner Roll</p>	<p><b>15</b></p> <p><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> Oven Potatoes Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Cauliflower 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> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p><b>17</b></p> <p><u>Meat &amp; Grain</u> Cheese Enchiladas Hot Dog Trix Yogurt/String Cheese/ Graham Crackers</p>	<p><b>18</b></p> <p><u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza Chicken Patty Sandwich Sun Butter &amp; Jelly Sandwich</p>	<p><b>19</b></p> <p><u>Meat &amp; Grain</u> Cheeseburger Meatloaf w/Mac &amp; Cheese Meatball Sub Buffalo Chicken Salad w/ Dinner Roll</p>	<p><b>20</b></p> <p><u>Meat &amp; Grain</u> Breakfast for Lunch Whole Grain Pancakes and Turkey Sausage Patties Cheddar Cheese Quesadilla American Sub</p>	<p><b>21</b></p> <p><u>Meat &amp; Grain</u> Whole Grain Bean &amp; Cheese Burrito Sun Butter &amp; Jelly Sandwich <b>Early Release Day</b></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> Broccoli Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk</p>
<p><b>School Closed Winter Break December 24 - 28</b></p>				

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



December 3<sup>rd</sup> – 9<sup>th</sup> is National Handwashing Awareness Week!  
Let's give everyone a [clean] hand



**Nutritional information is available at the Food Service Office.**

**Menu Subject To Change without Notice.**



“This institution is an equal opportunity provider.”