



VAIL SCHOOL DISTRICT
ESMOND STATION
LUNCH MENU
FEBRUARY 5-9 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday **Vegetarian Chili w/ Dinner Roll ** NEW ITEM <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Monday Chicken Nuggets w/ Dinner Roll <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Monday Beefy Nachos <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Monday February Fresh Pick is Leafy Greens. 	Monday Turkey & Cheese Sub <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
Tuesday All grains offered are Whole Grain Rich.	Tuesday Chicken Patty Sandwich <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Tuesday Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Tuesday Sausage Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Tuesday Crispy Chicken Salad w/Dinner Roll <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk
	Wednesday Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	Wednesday Cheeseburger <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	Wednesday Beefy Nachos <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	Wednesday Our menu is Trans Fat Free!
Thursday Nutritional information is available at the Food Service office.	Thursday Early Release	Thursday Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk	Thursday Early Release	
Friday Early Release		Friday Whole Grain Chicken Corn Dog <u>Veggie / Fruit / Milk</u> Celery Sticks Fruit 1% or Fat Free Milk		Friday School lunch provides 1/3 of the average daily calorie needs for kids by age.

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.

Fresh and locally grown when available.



“This institution is an equal opportunity provider.”