



VAIL SCHOOL DISTRICT ELEMENTARY LUNCH MENU JANUARY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Winter Break School Closed January 1st – 5th</p>		<p>All grains offered are Whole Grain Rich. Items included are: pasta, breads Buns, tortillas, dinner rolls and all breading used on food items.</p>	<p>School lunch provides 1/3 of the average daily calorie needs for kids by age.</p>	<p>Students Must Select 3 out of the 5 Meal Components.</p> <p>One Of The 3 Components Selected, <u>MUST</u> Be Fruit or Vegetable.</p>
<p>8 <u>Meat & Grain</u> Chili Frito Pie w/Dinner Roll</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Italian Sub</p>	<p>9 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Chicken Patty Sandwich</p> <p>Crispy Chicken Salad w/Dinner Roll</p>	<p>10 <u>Meat & Grain</u> Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties Cheeseburger</p> <p>Buffalo Chicken Salad w/ Dinner Roll</p>	<p>11 National Milk Day! <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>BBQ Pulled Pork Sandwich</p> <p>Turkey & Cheese Wrap</p>	<p>12 <u>Meat & Grain</u> Cheeseburger Meatloaf</p> <p>Turkey Hot Dog</p> <p>Trixs 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> Corn Fruit 1% or Fat Free Milk</p>
<p>15 School Closed Martin Luther King Jr. Day</p>	<p>16 <u>Meat & Grain</u> Spaghetti & Meatballs</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Buffalo Chicken Wrap</p>	<p>17 <u>Meat & Grain</u> Beefy Nachos</p> <p>Chicken Patty Sandwich</p> <p>Chicken Caesar Salad w/Dinner Roll</p>	<p>18 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Whole Grain Bean & Cheese Burrito</p> <p>Trixs Yogurt/String Cheese/ Graham Crackers</p>	<p>19 <u>Meat & Grain</u> Grilled Cheese & Tomato Soup</p> <p>Cheeseburger</p> <p>Chef Salad w/ Dinner Roll</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>22 <u>Meat & Grain</u> Cheese Enchiladas</p> <p>Turkey Hot Dog</p> <p>Trixs Yogurt/String Cheese/ Graham Crackers</p>	<p>23 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Mac & Cheese w/Fish Sticks</p> <p>Buffalo Chicken Salad w/ Dinner Roll</p>	<p>24 Early Release <u>Meat & Grain</u></p> <p>Chicken Patty Sandwich</p> <p>Sun Butter & Jelly Sandwich</p>	<p>25 <u>Meat & Grain</u> Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties Cheese Quesadilla</p> <p>American Sub</p>	<p>26 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Cheeseburger</p> <p>Italian Sub</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> Carrots Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>29 <u>Meat & Grain</u> Turkey & Gravy w/Dinner Roll</p> <p>Cheeseburger</p> <p>Trixs Yogurt/String Cheese/ Graham Crackers</p>	<p>30 <u>Meat & Grain</u> Rotini & Meat Sauce</p> <p>Healthy Lettuce Wrap Bowl Rice/Quinoa & Turkey Crispy Chicken Wrap</p>	<p>31 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Whole Grain Chicken Corn Dog</p> <p>Chef Salad w/Dinner Roll</p>	<p>All lunch meals also include our self-service fresh veggie bar and condiment table.</p>	<p>Nutritional information is available at the Food Service Office.</p>
<p><u>Vegetable / Fruit / Milk</u> Oven Potatoes 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> Green Beans Fruit 1% or Fat Free Milk</p>	<p>Our menu is Trans Fat Free!</p>	<p>Menu Subject To Change without Notice.</p>



January Fresh pick of the month is Cabbage.

DYK: January is National Get Organized Month!



“This institution is an equal opportunity provider.”