





VAIL SCHOOL DISTRICT ELEMENTARY LUNCH MENU MAY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
School lunch provides 1/3 of the average daily calorie needs for kids by age. 	¹ Meat & Grain Cheese or Pepperoni Pizza Chicken Patty Sandwich OR Spicy Chicken Sandwich Crispy Chicken Wrap <u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	² Meat & Grain Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties Cheeseburger Buffalo Chicken Salad w/ Dinner Roll <u>Vegetable / Fruit / Milk</u> Rancho Beans Fruit 1% or Fat Free Milk	³ Meat & Grain Cheese or Pepperoni Pizza BBQ Pulled Pork Sandwich Turkey & Cheese Wrap <u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	⁴ Meat & Grain Cheese Enchiladas w/Spanish Rice Hot Dog Trixs Yogurt/String Cheese/ Graham Crackers <u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk
⁷ Meat & Grain Cheese or Pepperoni Pizza Riblet Sandwich Sun Butter & Jelly Sandwich <u>Vegetable / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	⁸ Meat & Grain Spaghetti & Meatballs Chicken & Waffles Buffalo Chicken Wrap <u>Vegetable / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	⁹ Meat & Grain Beefy Nachos Chicken Patty Sandwich Or Spicy Chicken Sandwich Chicken Caesar Salad w/Dinner Roll <u>Vegetable / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	¹⁰ Meat & Grain Grilled Cheese & Tomato Soup Cheeseburger Chef Salad w/Dinner Roll <u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	¹¹ Meat & Grain Cheese or Pepperoni Pizza Whole Grain Bean & Cheese Burrito Trixs Yogurt/String Cheese/ Graham Crackers <u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk
¹⁴ Meat & Grain Cheese Enchiladas w/Spanish Rice Turkey Hot Dog Trixs Yogurt/String Cheese/ Graham Crackers <u>Vegetable / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	¹⁵ Meat & Grain Cheese or Pepperoni Pizza Chicken Patty Sandwich OR Spicy Chicken Sandwich Sun Butter & Jelly Sandwich <u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	¹⁶ Meat & Grain Mac & Cheese w/Fish Sticks Meatball Sub Buffalo Chicken Salad w/Dinner Roll <u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	¹⁷ Meat & Grain Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties Chicken Ranch Wrap American Sub <u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk	¹⁸ Meat & Grain Cheese or Pepperoni Pizza Cheeseburger Italian Sub <u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk
²¹ Meat & Grain Chicken Nuggets w/Dinner Roll Cheeseburger Trixs Yogurt/String Cheese/ Graham Crackers <u>Vegetable / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	²² Meat & Grain Rotini & Meat Sauce Chicken Patty Sandwich OR Spicy Chicken Patty Sandwich Crispy Chicken Wrap <u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	²³ Meat & Grain Beefy Nachos Riblet Sandwich Turkey Ham & Cheese Sub <u>Vegetable / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	²⁴ Meat & Grain Cheese or Pepperoni Pizza Whole Grain Chicken Corn Dog <u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	²⁵ Meat & Grain Whole Grain Bean & Cheese Burrito Sun Butter & Jelly Sandwich Early Release Day!  <u>Vegetable / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk
		All grains offered are Whole Grain Rich. Items included are: pasta, breads Buns, tortillas, dinner rolls and all breading used on food items	Students Must Select 3 out of the 5 Meal Components. One Of The 3 Components Selected, MUST Be Fruit or Vegetable.	Nutritional information is available at the Food Service Office. Menu Subject To Change without Notice.

DYK: May 8th is National Teacher appreciation Day!

Have a Fun and Safe Summer Break!

“This institution is an equal opportunity provider.”

