



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 <u>Meat & Grain</u> Cheese or Pepperoni Pizza Chicken Patty Sandwich OR Spicy Chicken Sandwich Crispy Chicken Wrap	2 <u>Meat & Grain</u> Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties Cheeseburger Buffalo Chicken Salad w/ Dinner Roll	3 <u>Meat & Grain</u> Cheese or Pepperoni Pizza BBQ Pulled Pork Sandwich Turkey & Cheese Wrap	4 <u>Meat & Grain</u> Whole Grain Chicken Corn Dog Trixs Yogurt/String Cheese/ Graham Crackers Early Release Day
	<u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> Rancho Beans Fruit 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk
7 <u>Meat & Grain</u> Cheese or Pepperoni Pizza Riblet Sandwich Sun Butter & Jelly Sandwich	8 <u>Meat & Grain</u> Spaghetti & Meatballs Chicken & Waffles Buffalo Chicken Wrap	9 <u>Meat & Grain</u> Beefy Nachos Chicken Patty Sandwich Or Spicy Chicken Sandwich Chicken Caesar Salad w/Dinner Roll	10 <u>Meat & Grain</u> BBQ Baked Chicken w/Dinner Roll Cheeseburger Chef Salad w/Dinner Roll	11 <u>Meat & Grain</u> Cheese or Pepperoni Pizza Whole Grain Bean & Cheese Burrito Trixs Yogurt/String Cheese/ Graham Crackers
<u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> Whipped Potatoes w/Gravy Fruit 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk
14 <u>Meat & Grain</u> Cheese Enchiladas w/Spanish Rice Turkey Hot Dog Trixs Yogurt/String Cheese/ Graham Crackers	15 <u>Meat & Grain</u> Cheese or Pepperoni Pizza Chicken Patty Sandwich OR Spicy Chicken Sandwich Sun Butter & Jelly Sandwich	16 <u>Meat & Grain</u> Mac & Cheese w/Fish Sticks Meatball Sub Buffalo Chicken Salad w/Dinner Roll	17 <u>Meat & Grain</u> Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties Chicken Ranch Wrap American Sub	18 <u>Meat & Grain</u> Cheese or Pepperoni Pizza Cheeseburger Italian Sub
<u>Vegetable / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk
21 <u>Meat & Grain</u> Chicken Nuggets w/Dinner Roll Cheeseburger Trixs Yogurt/String Cheese/ Graham Crackers	22 <u>Meat & Grain</u> Chicken Patty Sandwich OR Spicy Chicken Patty Sandwich	23 <u>Meat & Grain</u> Whole Grain Chicken Corn Dog Turkey Ham & Cheese Sub	24 <u>Meat & Grain</u> Whole Grain Bean & Cheese Burrito Sun Butter & Jelly Sandwich Early Release Day! 	
<u>Vegetable / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> Celery Sticks Fruit 1% or Fat Free Milk	<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.”