



# Vail School District ELEMENTARY LUNCH MENU NOVEMBER, 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Students Must Select 3 out of the 5 Meal Components. One Of The 3 Components Selected, MUST Be Fruit or Vegetable.</b></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><sup>1</sup> <u>Meat &amp; Grain</u> Bean &amp; Cheese Burrito  American Sub  <b>Early Release</b></p>	<p><sup>2</sup> <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza  BBQ Pulled Pork Sandwich  Turkey &amp; Cheese Wrap</p>	<p><sup>3</sup> <u>Meat &amp; Grain</u> Hamburger Meatloaf  Hot Dog  Trix Yogurt/String Cheese/ Graham Crackers</p>
	<p><b>Our menu is Trans Fat Free!</b></p>	<p><u>Vegetable / Fruit / Milk</u> Celery 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> Mashed Potatoes/Gravy Fruit 1% or Fat Free Milk</p>
<p><sup>6</sup> <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza  Grilled Cheese &amp; Tomato Soup  Sun Butter &amp; Jelly Sandwich</p>	<p><sup>7</sup> <u>Meat &amp; Grain</u> Spaghetti &amp; Meatballs  Chicken Nuggets w/ Dinner Roll  Buffalo Chicken Wrap</p>	<p><sup>8</sup> <u>Meat &amp; Grain</u> Beefy Nachos  Chicken Patty Sandwich  Chicken Caesar Salad w/Dinner roll</p>	<p><sup>9</sup> <u>Meat &amp; Grain</u> Chicken &amp; Waffles  Cheeseburger  Chef Salad w/ Dinner Roll</p>	<p><sup>10</sup> <b>School closed Veterans Day</b>  </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> Mexican Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	
<p><sup>13</sup> <u>Meat &amp; Grain</u> Cheese Enchiladas  Hot Dog  Trix Yogurt/String Cheese/ Graham Crackers</p>	<p><sup>14</sup> <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza  Chicken Patty Sandwich  Sun Butter &amp; Jelly Sandwich</p>	<p><sup>15</sup> <u>Meat &amp; Grain</u> Mac &amp; Cheese with Chicken Nuggets Meatball Sub  Buffalo Chicken Salad w/ Dinner Roll</p>	<p><sup>16</sup> <u>Meat &amp; Grain</u> <b>Fall Harvest Meal</b>  Cheeseburger</p>	<p><sup>17</sup> <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza  Cheese Quesadilla  Italian Sub</p>
<p><u>Vegetable / Fruit / Milk</u> Refried Beans 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> Carrot Coins 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><sup>20</sup> <u>Meat &amp; Grain</u> Chicken Nuggets w/ Dinner Roll  Cheeseburger  Trix Yogurt/String Cheese/ Graham Crackers</p>	<p><sup>21</sup> <u>Meat &amp; Grain</u> Rotini &amp; Meat Sauce  Chicken Patty Sandwich  Crispy Chicken Wrap</p>	<p><sup>22</sup> <b>School Closed Thanksgiving Break November 22-24</b></p>	<p><sup>23</sup>  <b>Happy Thanksgiving</b></p>	<p><sup>24</sup> </p>
<p><u>Vegetable / Fruit / Milk</u> Mashed Potatoes / Gravy Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>			
<p><sup>27</sup> <u>Meat &amp; Grain</u> Chili Frito Pie w/Dinner Roll  Chicken nuggets w/ Dinner Roll  Italian Sub</p>	<p><sup>28</sup> <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza  Chicken Patty Sandwich  Crispy Chicken Salad w/Dinner roll</p>	<p><sup>29</sup> <u>Meat &amp; Grain</u> Breakfast for Lunch Pancakes and Sausage Patties Cheeseburger  Buffalo Chicken Salad w/Dinner roll</p>	<p><sup>30</sup> <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza  BBQ Pulled Pork Sandwich  Turkey &amp; Cheese Wrap</p>	<p><b>Nutritional information is available at the Food Service Office.</b></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><b>Menu Subject To Change without Notice.</b></p>

**All lunch meals also include our self-service fresh veggie bar and condiment table.**

**“This institution is an equal opportunity provider.”**

