



Vail School District ELEMENTARY LUNCH MENU OCTOBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Fall break School Closed October 2nd – 6th</p>	<p>3</p> <p>freshpick for better health by sodexo</p>	<p>4</p> <p>OCTOBER FRESH PICK IS:</p> 	<p>5</p> <p>DYK FACT: Cauliflower is in the same family as cabbage, brussel sprouts, kale, broccoli and collard greens.</p>	<p>6</p> <p>Students Must Select 3 out of the 5 Meal Components. One Of The 3 Components Selected, MUST Be Fruit or Vegetable.</p>
<p>9</p> <p>Fall break School Closed October 9th – 13th</p>	<p>10</p> <p>All lunch meals also include our self-service fresh veggie bar and condiment table.</p>	<p>11</p> <p>School lunch provides 1/3 of the average daily calorie needs for kids by age.</p>	<p>12</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>13</p> <p>Our menu is Trans Fat Free!</p>
<p>16</p> <p><u>Meat & Grain</u> Cheese Enchiladas</p> <p>Turkey Hot Dog</p> <p>Trix Yogurt/String Cheese/Graham Crackers</p>	<p>17</p> <p><u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Chicken Patty Sandwich</p> <p>Sun Butter & Jelly Sandwich</p>	<p>18</p> <p><u>Meat & Grain</u> Mac & Cheese with Chicken Nuggets</p> <p>Meatball Sub</p> <p>Buffalo Chicken Salad w/ Dinner Roll</p>	<p>19</p> <p><u>Meat & Grain</u> Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties Cheese Quesadilla</p> <p>America Sub</p>	<p>20</p> <p><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> Carrot Coins 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>23</p> <p><u>Meat & Grain</u> Chicken Nuggets w/ Dinner Roll</p> <p>Cheeseburger</p> <p>Trix Yogurt/String Cheese/Graham Crackers</p>	<p>24</p> <p><u>Meat & Grain</u> Rotini & Meat Sauce</p> <p>Chicken Patty Sandwich</p> <p>Crispy Chicken Wrap</p>	<p>25</p> <p><u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Whole grain Chicken Corn Dog</p> <p>Chef Salad w/Dinner Roll</p>	<p>26</p> <p><u>Meat & Grain</u> Beefy Nachos</p> <p>Rib B Q Sandwich</p> <p>Turkey Ham and Cheese Sub</p>	<p>27</p> <p><u>Meat & Grain</u> Grilled Cheese & Tomato Soup</p> <p>Whole Grain Bean & Cheese Burrito</p> <p>Sun Butter & Jelly Sandwich</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><u>Vegetable / Fruit / Milk</u> Green beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>
<p>30</p> <p><u>Meat & Grain</u> Chili Frito Pie w/Dinner roll</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Italian Sub</p>	<p>31</p> <p><u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Chicken Patty Sandwich</p> <p>Crispy Chicken Salad w/Dinner Roll</p>		<p>October 16th – 20th is National School Bus Safety Week!</p> 	<p>Nutritional information is available at the Food Service Office.</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>Menu Subject to Change Without Notice</p>

“This institution is an equal opportunity provider ”



**OCTOBER DYK:
NATIONAL PIZZA MONTH!
NATIONAL POPCORN POPPING MONTH!
OCTOBER 26th IS NATIONAL PUMPKIN DAY!**

