



VAIL ACADEMY ELEMENTARY LUNCH MENU OCTOBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Fall break School Closed October 2nd – 6th</p>	<p>3 freshpick for better health by sodexo</p>	<p>4 OCTOBER FRESH PICK IS: </p>	<p>5 DYK FACT: Cauliflower is in the same family as cabbage, brussel sprouts, kale, broccoli and collard greens.</p>	<p>6 Students Must Select 3 out of the 5 Meal Components. One Of The 3 Components Selected, MUST Be Fruit or Vegetable.</p>
<p>9 <u>Meat & Grain</u> Cheese or Pepperoni Pizza Grilled Cheese & Tomato Soup Sun Butter and Jelly Sandwich</p>	<p>10 <u>Meat & Grain</u> Spaghetti and Meatballs Chicken nugget w/Dinner roll Buffalo Chicken Wrap</p>	<p>11 <u>Meat & Grain</u> Beefy Nacho Chicken Patty Sandwich Chicken Caesar salad w/Dinner roll</p>	<p>12 <u>Meat & Grain</u> Chicken & Waffles Cheeseburger Chef Salad w/Dinner roll</p>	<p>13 <u>Meat & Grain</u> Cheese or Pepperoni Pizza Whole Grain Corn Dog Trix Yogurt/String Cheese/Graham Cracker</p>
<p><u>Vegetable / Fruit / Milk</u> Oven Potatoes Fruit 1% and Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Cauliflower Fruit 1% and Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Mexican Beans Fruit 1% and Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% and Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Corn Fruit 1% and Fat Free Milk</p>
<p>16 <u>Meat & Grain</u> Cheese Enchiladas Turkey Hot Dog Trix Yogurt/String Cheese/Graham Crackers</p>	<p>17 <u>Meat & Grain</u> Cheese or Pepperoni Pizza Chicken Patty Sandwich Sun Butter & Jelly Sandwich</p>	<p>18 <u>Meat & Grain</u> Mac & Cheese with Chicken Nuggets Meatball Sub Buffalo Chicken Salad w/ Dinner Roll</p>	<p>19 <u>Meat & Grain</u> Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties Cheese Quesadilla America Sub</p>	<p>20 <u>Meat & Grain</u> Cheese or Pepperoni Pizza Cheeseburger 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 <u>Meat & Grain</u> Chicken Nuggets w/ Dinner Roll Cheeseburger Trix Yogurt/String Cheese/Graham Crackers</p>	<p>24 <u>Meat & Grain</u> Rotini & Meat Sauce Chicken Patty Sandwich Crispy Chicken Wrap</p>	<p>25 <u>Meat & Grain</u> Cheese or Pepperoni Pizza Whole grain Chicken Corn Dog Chef Salad w/Dinner Roll</p>	<p>26 <u>Meat & Grain</u> Beefy Nachos Rib B Q Sandwich Turkey Ham and Cheese Sub</p>	<p>27 <u>Meat & Grain</u> Grilled Cheese & Tomato Soup Whole Grain Bean & Cheese Burrito 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 <u>Meat & Grain</u> Chili Frito Pie w/Dinner roll Chicken Nuggets w/ Dinner Roll Italian Sub</p>	<p>31 <u>Meat & Grain</u> Cheese or Pepperoni Pizza Chicken Patty Sandwich Crispy Chicken Salad w/Dinner Roll</p>	<p> </p>	<p>All lunch meals also include our self - service fresh veggie bar and condiment table. School lunch provides 1/3 of the average daily calorie needs for kids by age.</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!**

