



Vail School District ELEMENTARY LUNCH MENU SEPTEMBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Students Must Select 3 out of the 5 Meal Components.</p> <p>One Of The 3 Components Selected, <u>MUST</u> Be Fruit or Vegetable.</p>			<p>Nutritional information is available at the Food Service Office.</p>	<p>1</p> <p>Meat & Grain Grilled Cheese & Tomato Soup Chicken Quesadilla Sun Butter & Jelly Sandwich</p>
<p>4</p>	<p>5</p> <p>Meat & Grain Cheese or Pepperoni Pizza Chicken Patty Sandwich Crispy Chicken Salad w/ Dinner Roll</p>	<p>September Fresh Pick is Mushrooms!</p>	<p>Menu Subject to Change Without Notice</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>
<p>LAOR DAY SCHOOL CLOSED</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><u>Vegetable / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk</p>
<p>11</p> <p>Meat & Grain Cheese or Pepperoni Pizza Grilled Cheese & Tomato Soup Sun Butter & Jelly Sandwich</p>	<p>12</p> <p>Meat & Grain Spaghetti & Meatballs Chicken Nuggets w/ Dinner Roll Buffalo Chicken Wrap</p>	<p>13</p> <p>Meat & Grain Beefy Nachos Chicken Patty Sandwich Chicken Caesar Salad w/ Dinner Roll</p>	<p>14</p> <p>Meat & Grain Cheeseburger Turkey & Cheese Sub EARLY RELEASE</p>	<p>15</p> <p>Meat & Grain Bean & Cheese Burrito Trix Yogurt/String Cheese/ Scooby Doo Grahams EARLY RELEASE</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> Carrots Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk</p>
<p>18</p> <p>Meat & Grain Cheese Enchiladas Cheeseburger Crispy Chicken Wrap NATIONAL CHEESEBURGER DAY!</p>	<p>19</p> <p>Meat & Grain Cheese or Pepperoni Pizza Chicken Patty Sandwich Sun Butter & Jelly Sandwich</p>	<p>20</p> <p>Meat & Grain Mac & Cheese with Chicken Nuggets Meatball Sub Buffalo Chicken Salad w/ Dinner Roll</p>	<p>21</p> <p>Meat & Grain Breakfast for Lunch Pancakes and Sausage Patties Cheese Quesadilla America Sub</p>	<p>22</p> <p>Meat & Grain Cheese or Pepperoni Pizza Hot Dog Italian Sub FALL BEGINS</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>25</p> <p>Fall Break Week All Schools Closed</p>	<p>26</p>	<p>27</p> <p>DYK FACT: ONE BEE HAS TO FLY ABOUT 90,000 MILES – THREE TIMES AROUND THE GLOBE – TO MAKE ONE POUND OF HONEY!</p>	<p>28</p>	<p>29</p> <p>DYK FACT: Mushrooms have no chlorophyll (a green pigment in plants), so they don't need sunshine to grow and thrive.</p>

“USDA is an equal opportunity provider.”



REMEMBER – GRANDPARENTS DAY SUNDAY, SEPTEMBER 10TH



DYK - September Is:
National Honey Month
National Mushroom Month
National Whole Grain Month

