



VAIL SCHOOL DISTRICT ELEMENTARY LUNCH MENU DECEMBER 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>freshpick for better health by sodexo</p> <p>Fresh pick for December is Bell Peppers.</p>	<p>Nutritional information is available at the Food Service Office.</p> <p>Menu Subject To Change without Notice.</p>	<p>All grains offered are Whole Grain Rich.</p> <p>Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.</p> <p>Our menu is Trans Fat Free!</p>	<p>1 <u>Meat & Grain</u> Cheeseburger Meatloaf</p> <p>Hot Dog</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</p>
<p>4 <u>National Cookie Day</u> <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Grilled Cheese & Tomato Soup</p> <p>Sun Butter & Jelly Sandwich</p>	<p>5 <u>Meat & Grain</u> Spaghetti & Meatballs</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Buffalo Chicken Wrap</p>	<p>6 <u>Meat & Grain</u> Beefy Nachos</p> <p>Chicken Patty Sandwich</p> <p>Chicken Caesar Salad w/Dinner Roll</p>	<p>7 <u>Meat & Grain</u> Chicken & Waffles</p> <p>Cheeseburger</p> <p>Chef Salad w/ Dinner Roll</p>	<p>8 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Whole Grain Bean & Cheese Burrito</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</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><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>11 <u>Meat & Grain</u> Cheese Enchiladas</p> <p>Hot Dog</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>12 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Chicken Patty Sandwich</p> <p>Sun Butter & Jelly Sandwich</p>	<p>13 <u>Meat & Grain</u> Mac & Cheese w/Fish Sticks</p> <p>Meatball Sub</p> <p>Buffalo Chicken Salad w/ Dinner Roll</p>	<p>14 <u>Meat & Grain</u> Breakfast for Lunch Pancakes and Sausage Patties</p> <p>Quesadilla</p> <p>America Sub</p>	<p>15 <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>18 <u>Meat & Grain</u> Turkey & Gravy w/ Dinner Roll</p> <p>Cheeseburger</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>19 <u>Meat & Grain</u> Rotini & Meat Sauce</p> <p>Chicken Patty Sandwich</p> <p>Crispy Chicken Wrap</p>	<p>20 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Whole Grain Chicken Corndog</p> <p>Chef Salad w/Dinner Roll</p>	<p>21 <u>Meat & Grain</u> Beefy Nachos</p> <p>Rib B Q Sandwich</p> <p>Turkey Ham and Cheese Sub</p>	<p>22 <u>Meat & Grain</u> Whole Grain Bean & Cheese Burrito</p> <p>Sun Butter & Jelly Sandwich</p> <p>Early Release Day</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 Sticks Fruit 1% or Fat Free Milk</p>
<p>School Closed Winter Vacation December 25 - 29</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.

“This institution is an equal opportunity provider”