



VAIL SCHOOL DISTRICT ELEMENTARY LUNCH MENU FEBRUARY 2018



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>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>School lunch provides 1/3 of the average daily calorie needs for kids by age.</p>	<p>1 <u>Meat & Grain</u> Beefy Nachos</p> <p>BBQ Rib Sandwich</p> <p>Turkey Ham & Cheese Sub</p>	<p>2 <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> 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>5 <u>Meat & Grain</u> **Vegetarian Chili w/Dinner Roll</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Italian Sub</p> <p>**NEW ITEM</p>	<p>6 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Chicken Patty Sandwich</p> <p>Crispy Chicken Salad w/Dinner Roll</p>	<p>7 <u>Meat & Grain</u> Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties Cheeseburger</p> <p>Buffalo Chicken Salad w/ Dinner Roll</p>	<p>8 <u>Meat & Grain</u> Early Release Day Whole Grain Bean & Cheese Burrito</p> <p>Sun Butter & Jelly Sandwich</p>	<p>9 <u>Meat & Grain</u> Early Release Day Whole Grain Chicken Corn Dog</p> <p>Trixs Yogurt/String Cheese/ Graham Crackers</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><u>Vegetable / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk</p>
<p>12 Cheese or Pepperoni Pizza</p> <p>Grilled Cheese & Tomato Soup</p> <p>Sun Butter & Jelly Sandwich</p>	<p>13 <u>Meat & Grain</u> Spaghetti & Meatballs</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Buffalo Chicken Wrap</p>	<p>Valentine's Day</p> <p>14 <u>Meat & Grain</u> Beefy Nachos</p> <p>Chicken Patty Sandwich</p> <p>Chicken Caesar Salad w/Dinner Roll</p>	<p>15 <u>Meat & Grain</u> Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties **Grilled Chicken Pita w/Sesame Drizzle Chef Salad w/ Dinner Roll **NEW ITEM</p>	<p>16 Early Release Day <u>Meat & Grain</u> Whole Grain Bean & Cheese Burrito Trixs 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> Refried 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> Carrot Sticks Fruit 1% or Fat Free Milk</p>
<p>19</p> <p>Meat & Grain Cheese Enchiladas</p> <p>Turkey Hot Dog</p> <p>Trixs Yogurt/String Cheese/ Graham Crackers</p> <p>Frozen Sherbet Cup w/hot lunch</p>	<p>20 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Chicken Patty Sandwich</p> <p>Sun Butter & Jelly Sandwich</p>	<p>21 <u>Meat & Grain</u> Mac & Cheese w/Fish Sticks **Avocado Mac & Cheese Meatball Sub</p> <p>Buffalo Chicken Salad w/ Dinner Roll</p> <p>**NEW ITEM</p>	<p>22 School Closed Rodeo Break February 22 & 23</p>	<p>23 School Closed Rodeo Break February 22 & 23</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>All lunch meals also include our self-service fresh veggie bar and condiment table.</p> <p>Our menu is Trans Fat Free!</p>	
<p>26 <u>Meat & Grain</u> Turkey & Gravy w/Dinner Roll</p> <p>Cheeseburger</p> <p>Trixs Yogurt/String Cheese/ Graham Crackers</p>	<p>27 <u>Meat & Grain</u> Rotini & Meat Sauce</p> <p>Chicken Patty Sandwich</p> <p>Crispy Chicken Wrap</p>	<p>28 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Whole Grain Chicken Corn Dog</p> <p>Chef Salad w/Dinner Roll</p>		
<p><u>Vegetable / Fruit / Milk</u> Whipped 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>Nutritional information is available at the Food Service Office.</p> <p>Menu Subject To Change without Notice.</p>	



February Fresh pick of the month is Leafy Greens
DYK: February 2nd is Groundhog day!



“This institution is an equal opportunity provider.”