



VAIL SCHOOL DISTRICT ELEMENTARY LUNCH MENU AUGUST, 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Nutritional information is available at the Food Service Office.</p> <p>Menu Subject To Change without Notice.</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>1 <u>Meat & Grain</u> Mac & Cheese with Fish Sticks</p> <p>Meatball Sub</p> <p>Buffalo Chicken Salad w/ Dinner Roll</p>	<p>2 <u>Meat & Grain</u> Breakfast for Lunch Whole Grain Pancakes and Turkey Sausage Patties</p> <p>Chicken Ranch Wrap** America Sub</p> <p>**New Item</p>	<p>3 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Cheeseburger</p> <p>Italian Sub</p> <p>NATIONAL WATERMELON DAY</p>
		<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>6 <u>National Meat & Grain</u> Chicken Nuggets w/ Dinner Roll</p> <p>Cheeseburger</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>7 <u>Exercise Meat & Grain</u> Rotini & Meat Sauce</p> <p>Chicken Patty Sandwich</p> <p>Crispy Chicken Wrap</p>	<p>8 <u>With Your Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Whole Grain Corn Dog</p> <p>Chef Salad w/Dinner Roll</p>	<p>9 <u>Child Meat & Grain</u> Beefy Nachos</p> <p>Rib B Q Sandwich</p> <p>Turkey Ham and Cheese Sub</p>	<p>10 <u>Week! 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>13 <u>Meat & Grain</u> Chicken Nuggets w/ Dinner Roll</p> <p>Chili Frito Pie w/Dinner Roll</p> <p>Italian Sub</p>	<p>14 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Chicken Patty Sandwich</p> <p>Crispy Chicken Salad w/Dinner Roll</p>	<p>15 <u>Meat & Grain</u> Whole Grain Bean & Cheese Burrito</p> <p>Sun Butter & Jelly Sandwich</p> <p>Early Release</p>	<p>16 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>BBQ Pulled Pork Sandwich</p> <p>Turkey & Cheese Wrap</p>	<p>17 <u>Meat & Grain</u> Orange Chicken w/Brown Rice</p> <p>Turkey Hot Dog</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</p>
<p><u>Vegetable / Fruit / Milk</u> **Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk **New Item</p>	<p><u>Vegetable / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Celery Sticks 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> Whole Kernel Corn Fruit 1% or Fat Free Milk</p>
<p>20 <u>Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Grilled Cheese & Tomato Soup</p> <p>Sun Butter & Jelly Sandwich</p>	<p>21 <u>Meat & Grain</u> Spaghetti & Meatballs</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Buffalo Chicken Wrap</p>	<p>22 <u>Meat & Grain</u> Beefy Nachos</p> <p>Chicken Patty Sandwich</p> <p>Chicken Caesar Salad w/ Dinner Roll</p>	<p>23 <u>Meat & Grain</u> Chicken Nuggets & Waffles</p> <p>Grilled Chicken Pita w/Sesame Drizzle** Chef Salad w/Dinner Roll **New Item</p>	<p>24 <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 Baked 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> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>27 <u>National Meat & Grain</u> Cheese Enchiladas</p> <p>Hot Dog</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>29 <u>Be Kind Meat & Grain</u> Cheese or Pepperoni Pizza</p> <p>Chicken Patty Sandwich</p> <p>Sun Butter & Jelly Sandwich</p>	<p>29 <u>To Humankind Meat & Grain</u> Whole Grain Corn Dog</p> <p>American Sub</p> <p>EARLY RELEASE</p>	<p>30 <u>Week! Meat & Grain</u> Breakfast for Lunch Whole Grain Pancakes and Turkey Sausage Patties Cheese Quesadilla Buffalo Chicken Salad w/Dinner Roll</p>	<p>31 <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 Sticks Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>

School lunch provides 1/3 of the average daily calorie needs for kids by age.



August DYK:
National Family Fun Month!
Children's Vision & Learning Month!



"This institution is an equal opportunity provider."

Students Must Select 3 out of the 5 Meal Components.

One Of The 3 Components Selected, MUST Be Fruit or Vegetable.