



# VAIL SCHOOL DISTRICT ELEMENTARY LUNCH MENU NOVEMBER, 2018



sodexo  
QUALITY OF LIFE SERVICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Students Must Select 3 out of the 5 Meal Components.</b></p> <p><b>One Of The 3 Components Selected, <u>MUST</u> Be Fruit or Vegetable.</b></p>	<p>All lunch meals also include our self-service fresh veggie bar and condiment table.</p> <p><b>Our menu is Trans Fat Free!</b></p>	<p><b>Fresh Pick for November is Legumes</b></p>	<p>1 <u>Meat &amp; Grain</u> Beefy Nachos</p> <p>Rib B Q Sandwich</p> <p>Turkey Ham and Cheese Sub</p>	<p>2 <u>Meat &amp; Grain</u> Grilled Cheese &amp; Tomato Soup</p> <p>Whole Grain Bean &amp; Cheese Burrito</p> <p>Sun Butter &amp; 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 &amp; Grain</u> Chicken Nuggets w/ Dinner Roll</p> <p>Chili Frito Pie w/Dinner Roll</p> <p>Italian Sub</p>	<p>6 <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza</p> <p>Chicken Patty Sandwich</p> <p>Crispy Chicken Salad w/Dinner Roll</p>	<p>7 <u>Meat &amp; Grain</u> Whole Grain Bean &amp; Cheese Burrito</p> <p>Sun Butter &amp; Jelly Sandwich</p> <p><b>Early Release</b></p>	<p>8 <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza</p> <p>BBQ Pulled Pork Sandwich</p> <p>Turkey &amp; Cheese Wrap</p>	<p>9 <u>Meat &amp; 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> Green Beans 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> 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>12 School Closed Veterans Day</p> <p>shutterstock - 335198975</p>	<p>13 <u>Meat &amp; Grain</u> Spaghetti &amp; Meatballs</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Buffalo Chicken Wrap</p>	<p>14 <u>Meat &amp; Grain</u> Beefy Nachos</p> <p>Chicken Patty Sandwich</p> <p>Chicken Caesar Salad w/ Dinner Roll</p>	<p>15 <u>Meat &amp; Grain</u> <b>Fall Harvest Meal</b></p> <p>Cheeseburger</p>	<p>16 <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza</p> <p>Whole Grain Bean &amp; Cheese Burrito</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</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> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>
<p>19 <u>Meat &amp; Grain</u> Cheese Enchiladas</p> <p>Turkey Hot Dog</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>20 <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza</p> <p>Chicken Patty Sandwich</p> <p>Sun Butter &amp; Jelly Sandwich</p>	<p><b>Thanksgiving Break November 21 – 23</b></p> <p><b>Happy Thanksgiving</b></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>26 <u>Meat &amp; Grain</u> Chicken Nuggets w/ Dinner Roll</p> <p>Cheeseburger</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>27 <u>Meat &amp; Grain</u> Rotini &amp; Meat Sauce</p> <p>Chicken Patty Sandwich</p> <p>Crispy Chicken Wrap</p>	<p>28 <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza</p> <p>Whole Grain Corn Dog</p> <p>Chef Salad w/Dinner Roll</p>
<p><u>Vegetable / Fruit / Milk</u> Tater Tots Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>	<p>29 <u>Meat &amp; Grain</u> Beefy Nachos</p> <p>Rib B Q Sandwich</p> <p>Turkey Ham and Cheese Sub</p>	<p>30 <u>Meat &amp; Grain</u> Grilled Cheese &amp; Tomato Soup</p> <p>Whole Grain Bean &amp; Cheese Burrito</p> <p>Sun Butter &amp; Jelly Sandwich</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>

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

November is Good Nutrition Month! Go Further With Food!  
November 19<sup>th</sup> – 25<sup>th</sup> is National Family Week! Celebrate Family!

**Nutritional information is available at the Food Service Office.**

**Menu Subject To Change without Notice.**



“This institution is an equal opportunity provider.”