



# VAIL SCHOOL DISTRICT ELEMENTARY LUNCH MENU JANUARY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Winter Break School Closed January 1<sup>st</sup> – 5<sup>th</sup></b></p>		<p>All grains offered are Whole Grain Rich. Items included are: pasta, breads Buns, tortillas, dinner rolls and all breadings used on food items.</p>	<p>School lunch provides 1/3 of the average daily calorie needs for kids by age.</p>	<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>8 <u>Meat &amp; Grain</u> Chili Frito Pie w/Dinner Roll</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Italian Sub</p>	<p>9 <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza</p> <p>Chicken Patty Sandwich</p> <p>Crispy Chicken Salad w/Dinner Roll</p>	<p>10 <u>Meat &amp; Grain</u> Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties Cheeseburger</p> <p>Buffalo Chicken Salad w/ Dinner Roll</p>	<p>11 <b>National Milk Day!</b> <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza</p> <p>BBQ Pulled Pork Sandwich</p> <p>Turkey &amp; Cheese Wrap</p>	<p>12 <u>Meat &amp; Grain</u> Cheeseburger Meatloaf</p> <p>Turkey Hot 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> 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>15 <b>School Closed Martin Luther King Jr. Day</b></p>	<p>16 <u>Meat &amp; Grain</u> Spaghetti &amp; Meatballs</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Buffalo Chicken Wrap</p>	<p>17 <u>Meat &amp; Grain</u> Beefy Nachos</p> <p>Chicken Patty Sandwich</p> <p>Chicken Caesar Salad w/Dinner Roll</p>	<p>18 <u>Meat &amp; Grain</u> Chicken &amp; Waffles</p> <p>Cheeseburger</p> <p>Chef Salad w/ Dinner Roll</p>	<p>19 <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza</p> <p>Whole Grain Bean &amp; Cheese Burrito</p> <p>Trixs 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> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>22 <u>Meat &amp; Grain</u> Cheese Enchiladas</p> <p>Turkey Hot Dog</p> <p>Trixs Yogurt/String Cheese/ Graham Crackers</p>	<p>23 <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza</p> <p>Mac &amp; Cheese w/Fish Sticks</p> <p>Buffalo Chicken Salad w/ Dinner Roll</p>	<p>24 <b>Early Release</b> <u>Meat &amp; Grain</u></p> <p>Chicken Patty Sandwich</p> <p>Sun Butter &amp; Jelly Sandwich</p>	<p>25 <u>Meat &amp; Grain</u> Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties Cheese Quesadilla</p> <p>American Sub</p>	<p>26 <u>Meat &amp; 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> Carrots 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>29 <u>Meat &amp; Grain</u> Turkey &amp; Gravy w/Dinner Roll</p> <p>Cheeseburger</p> <p>Trixs Yogurt/String Cheese/ Graham Crackers</p>	<p>30 <u>Meat &amp; Grain</u> Rotini &amp; Meat Sauce</p> <p>Healthy Lettuce Wrap Bowl Rice/Quinoa &amp; Turkey Crispy Chicken Wrap</p>	<p>31 <u>Meat &amp; Grain</u> Cheese or Pepperoni Pizza</p> <p>Whole Grain Chicken Corn Dog</p> <p>Chef Salad w/Dinner Roll</p>	<p><b>All lunch meals also include our self-service fresh veggie bar and condiment table.</b></p>	<p><b>Nutritional information is available at the Food Service Office.</b></p>
<p><u>Vegetable / Fruit / Milk</u> Oven Potatoes 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><b>Our menu is Trans Fat Free!</b></p>	<p><b>Menu Subject To Change without Notice.</b></p>

January Fresh pick of the month is Cabbage.

DYK: January is National Get Organized Month!



“This institution is an equal opportunity provider.”