



VAIL INNOVATION CENTER
LUNCH
JULY 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Nutritional information is available at the food service office.
Menus subject to change without notice.

Students MUST select 3 out of the 5 meal components.
One of the 3 components selected MUST be a fruit or vegetable.

17
Chicken Nuggets
OR
Pepperoni Pizza

Oven Potatoes
Fruit
1% and Fat Free Milk

18
Spaghetti & Meatballs
OR
Crispy Chicken Wrap

Cauliflower
Fruit
1% and Fat Free Milk

19
Cheese Enchiladas
OR
Cheeseburger

Mexican Beans
Fruit
1% and Fat Free Milk

20
Chicken & Waffles
OR
Bean & Cheese Burrito

Carrots
Fruit
1% and Fat Free Milk

21
Supreme Pizza
OR
Sesame Ginger Chicken

Broccoli
Fruit
1% and Fat Free Milk

24
Shredded BBQ Pork Sandwich
OR
Pepperoni Pizza

Green Beans
Fruit
1% and Fat Free Milk

25
Chicken Fried Steak w/
Dinner Roll
OR
BBQ Riblet Sandwich

Whipped Potatoes/Gravy
Fruit
1% and Fat Free Milk

26
Chicken Alfredo Pasta
OR
Chef Salad W/ Dinner Roll

Refried Beans
Fruit
1% and Fat Free Milk

27
Italian Meatball Sub
OR
Supreme Pizza

Carrots
Fruit
1% and Fat Free Milk

28
Cheeseburger
OR
BLT Salad w/ Dinner Roll

Broccoli
Fruit
1% and Fat Free Milk

31
SCHOOL CLOSED

“USDA is an equal opportunity provider.”