



VAIL INNOVATION CENTER  
LUNCH  
AUGUST 2017

**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 MUST be a fruit or vegetable.</b></p>          | <p>1</p> <p>Rotini &amp; Meat Sauce</p> <p>OR</p> <p>Sausage Pizza</p> <p>Broccoli<br/>Fruit</p> <p>1% and Fat Free Milk</p>                                           | <p>2</p> <p>Cheese Enchiladas</p> <p>OR</p> <p>Chicken Patty Sandwich</p> <p>Black Beans<br/>Fruit</p> <p>1% and Fat Free Milk</p>                    | <p>3</p> <p>Chicken Nuggets &amp; Waffles</p> <p>OR</p> <p>Pepperoni Pizza</p> <p>Green Beans<br/>Fruit</p> <p>1% and Fat Free Milk</p>                   | <p>4</p> <p>Chicken Fried Steak w/<br/>Dinner Roll</p> <p>OR</p> <p>Cheeseburger</p> <p>Whipped Potatoes/Gravy<br/>Fruit</p> <p>1% and Fat Free Milk</p>            |
| <p>7</p> <p>Chili Frito Pie w/ Dinner Roll</p> <p>OR</p> <p>Buffalo Chicken Wrap</p> <p>Green Beans<br/>Fruit</p> <p>1% and Fat Free Milk</p>            | <p>8</p> <p>Chicken Alfredo w/<br/>Breadstick</p> <p>OR</p> <p>Sausage Pizza</p> <p>Carrot Coins<br/>Fruit Juice</p> <p>1% and Fat Free Milk</p>                       | <p>9</p> <p>Chicken Fajita w/<br/>Spanish Rice</p> <p>OR</p> <p>Chicken Patty Sandwich</p> <p>Refried Beans<br/>Fruit</p> <p>1% and Fat Free Milk</p> | <p>10</p> <p>Sausage Stromboli</p> <p>OR</p> <p>Hot Philly Cheesy Steak Sub</p> <p>Broccoli<br/>Fruit Juice</p> <p>1% and Fat Free Milk</p>               | <p>11</p> <p>Orange Chicken w/<br/>Brown Rice</p> <p>OR</p> <p>Bacon Cheese Burger</p> <p>Corn<br/>Fruit Juice</p> <p>1% and Fat Free Milk</p>                      |
| <p>14</p> <p>Chicken Nuggets w/<br/>Dinner Roll</p> <p>OR</p> <p>Pepperoni Pizza</p> <p>Whipped Potatoes/Gravy<br/>Fruit</p> <p>1% and Fat Free Milk</p> | <p>15</p> <p>Italian Meatball Sub</p> <p>OR</p> <p>Buffalo Chicken Salad w/<br/>Dinner Roll</p> <p>Cauliflower<br/>Fruit</p> <p>1% and Fat Free Milk</p>               | <p>16</p> <p>Bean &amp; Cheese Burrito</p> <p>OR</p> <p>Turkey &amp; Cheese Sub</p> <p>Black Beans<br/>Fruit</p> <p>1% and Fat Free Milk</p>          | <p>17</p> <p>Chicken Nuggets &amp; Waffles</p> <p>OR</p> <p>Cheeseburger</p> <p>Carrot Coins<br/>Fruit</p> <p>1% and Fat Free Milk</p>                    | <p>18</p> <p>Supreme Pizza</p> <p>OR</p> <p>Spicy Chicken Patty</p> <p>Broccoli<br/>Fruit Juice</p> <p>1% and Fat Free Milk</p>                                     |
| <p>21</p> <p>Shr. BBQ Pork Sandwich</p> <p>OR</p> <p>Cheese Pizza</p> <p>Green Beans<br/>Fruit</p> <p>1% and Fat Free Milk</p>                           | <p>22</p> <p>Chicken Fried Steak w/<br/>Dinner Roll</p> <p>OR</p> <p>BBQ Riblet Sandwich</p> <p>Whipped Potatoes/Gravy<br/>Fruit Juice</p> <p>1% and Fat Free Milk</p> | <p>23</p> <p>Chicken Alfredo w/<br/>Dinner Roll</p> <p>OR</p> <p>Spicy Chicken Patty</p> <p>Refried Beans<br/>Fruit</p> <p>1% and Fat Free Milk</p>   | <p>24</p> <p>Italian Meatball Sub</p> <p>OR</p> <p>Buffalo Chicken Salad w/<br/>Dinner Roll</p> <p>Carrot Coins<br/>Fruit</p> <p>1% and Fat Free Milk</p> | <p>25</p> <p>Chicken Broccoli Stir Fry w/<br/>Brown Rice</p> <p>OR</p> <p>Bean &amp; Cheese Burrito</p> <p>Broccoli<br/>Fruit Juice</p> <p>1% and Fat Free Milk</p> |
| <p>28</p> <p>Pepperoni Pizza</p> <p>OR</p> <p>Cheeseburger</p> <p>Carrot Coins<br/>Fruit</p> <p>1% and Fat Free Milk</p>                                 | <p>29</p> <p>Rotini &amp; Meat Sauce</p> <p>OR</p> <p>Spicy Chicken Patty</p> <p>Broccoli<br/>Fruit Juice</p> <p>1% and Fat Free Milk</p>                              | <p>30</p> <p>Crispy Chicken Wrap</p> <p>OR</p> <p>Chef Salad w/ Dinner Roll</p> <p>Black Beans<br/>Fruit Juice</p> <p>1% and Fat Free Milk</p>        | <p>31</p> <p>Chicken Nuggets &amp; Waffles</p> <p>OR</p> <p>Cheese Pizza</p> <p>Green Beans<br/>Fruit Juice</p> <p>1% and Fat Free Milk</p>               | <p><b>Nutritional information is available at the food service office.</b></p> <p><b>Menus subject to change without notice.</b></p>                                |

**“USDA is an equal opportunity provider.”**

**DYK – AUGUST IS:  
NATIONAL FAMILY FUN MONTH!  
NATIONAL CHILDREN’S VISION &  
LEARNING MONTH!**

People often forget that kindness is free.

**WEEK OF AUGUST 28<sup>TH</sup>  
DYK FACT:  
NATIONAL BE KIND TO  
HUMANKIND WEEK!**

Scatter seeds of kindness wherever you go