



VAIL INNOVATION CENTER
LUNCH
MAY 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.

1
BBQ Shredded Pork Sandwich
OR
Pepperoni Pizza

Green Beans
Fruit
1% and Fat Free Milk

2
Chicken Fried Steak w/ Dinner Roll
OR
Crispy Chicken Salad w/ Dinner Roll

Whipped Potatoes w/Gravy
Fruit Juice
1% and Fat Free Milk

3
Spicy Chicken Patty Sandwich
OR
Chef Salad w/ Dinner Roll

Refried Beans
Fruit
1% and Fat Free Milk

4
Italian Meatball Sub

OR
Buffalo Chicken Salad w/ Dinner Roll

Carrots
Fruit Juice
1% and Fat Free Milk

5
Early Release
Cheese Pizza

OR
Turkey & Cheese Sub

Broccoli
Fruit Juice
1% and Fat Free Milk

8
Spicy Chicken Patty

OR
Chef Salad w/ Dinner Roll

Carrots
Fruit
1% and Fat Free Milk

9
Rotini & Meat Sauce

OR
American Sub

Broccoli
Fruit
1% and Fat Free Milk

10
Cheeseburger

OR
Chicken Caesar Salad w/ Dinner Roll

Black Beans
Fruit
1% and Fat Free Milk

11
Pepperoni Pizza

OR
Crispy Chicken Salad w/ Dinner Roll

Green Beans
Fruit
1% and Fat Free Milk

12
Chicken Fried Steak w/ Dinner Roll
OR
Bean & Cheese Burrito

Whipped Potatoes / Gravy
Fruit
1% and Fat Free Milk

15
Bacon Cheeseburger

OR
Buffalo Chicken Salad w/ Dinner Roll

Green Beans
Fruit
1% and Fat Free Milk

16
Italian Meatball Sub

OR
Crispy Chicken Salad w/ Dinner Roll

Carrots
Fruit Juice
1% and Fat Free Milk

17
Pepperoni Pizza

OR
Turkey & Cheese Sub

Refried Beans
Fruit
1% and Fat Free Milk

18
Spicy Chicken Patty

OR
Bean & Cheese Burrito

Broccoli
Fruit
1% and Fat Free Milk

19
Rotini & Spaghetti Sauce
OR
Cheese Pizza

Corn
Fruit Juice
1% and Fat Free Milk

22
Chicken Nuggets w/ Dinner Roll

OR
Chef Salad w/ Dinner Roll

Whipped Potatoes / Gravy
Fruit
1% and Fat Free Milk

23
Spaghetti w/ Italian Meatballs
OR
Buffalo Chicken Salad w/ Dinner Roll

Cauliflower
Fruit Juice
1% and Fat Free Milk

24
Chili Cheese Dog

OR
Chicken Caesar Salad w/ Dinner Roll

Mexican Beans
Fruit Juice
1% and Fat Free Milk

25
Early Release
Chicken Patty Sandwich

OR
Turkey & Cheese Sub

Carrots
Fruit Juice
1% and Fat Free Milk



“USDA is an equal opportunity provider.”