



VAIL INNOVATION CENTER  
LUNCH  
OCTOBER 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Fall break  
School  
Closed**  
October 1<sup>st</sup>– 5<sup>th</sup>



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

All grains offered are Whole Grain Rich.  
  
Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.

8  
Chicken Nuggets w/Dinner Roll  
  
OR  
Sun Butter & Jelly Sandwich w/String Cheese  
Green Beans  
Fruit  
1% and Fat Free Milk

9  
Bacon Cheeseburger  
  
OR  
Buffalo Chicken Salad w/Dinner Roll  
  
Carrot Coins  
Fruit  
1% and Fat Free Milk

10  
Beefy Nachos  
  
OR  
Chicken Patty Sandwich  
  
Pinto Beans  
Fruit  
1% and Fat Free Milk

11  
BBQ Pulled Pork Sandwich  
  
OR  
Chef Salad w/ Dinner Roll  
  
Broccoli  
Fruit Juice  
1% and Fat Free Milk

12  
Orange Chicken w/Brown Rice  
  
OR  
Pepperoni Pizza  
  
Corn  
Fruit  
1% and Fat Free Milk

15  
Cheeseburger  
  
OR  
Cheese Pizza  
  
Green Beans  
Fruit  
1% and Fat Free Milk

16  
Rotini Pasta w/ Meat Sauce  
  
OR  
Chicken Caesar Salad w/Dinner Roll  
  
Cauliflower  
Fruit Juice  
1% and Fat Free Milk

17  
Cheese Enchiladas  
  
OR  
Spicy Chicken Patty  
  
Refried Beans  
Fruit  
1% and Fat Free Milk

18  
Roasted Chicken & Waffles  
  
OR  
Crispy Chicken Salad w/ Dinner Roll  
  
Carrot Coins  
Fruit  
1% and Fat Free Milk

19  
Sesame Ginger Chicken w/ Brown Rice  
  
OR  
Whole Grain Bean & Cheese Burrito  
  
Broccoli  
Fruit Juice  
1% and Fat Free Milk

22  
Cheese Enchiladas  
  
OR  
Spicy Chicken Patty Sandwich  
  
Refried Beans  
Fruit  
1% and Fat Free Milk

23  
Chicken Fried Steak w/ Dinner Roll  
  
OR  
Buffalo Chicken Salad w/ Dinner Roll  
  
Mashed Potatoes/Gravy  
Fruit  
1% and Fat Free Milk

24  
Beefy Nachos  
  
OR  
Cheeseburger  
  
Carrot Coins  
Fruit  
1% and Fat Free Milk

25  
**World Pasta Day!**  
Mac & Cheese w/Chicken Nuggets  
OR  
Chef Salad w/ Dinner Roll  
  
Corn  
Fruit  
1% and Fat Free Milk

26  
Teriyaki Chicken Broccoli Stir Fry w/Brown Rice  
OR  
BBQ Riblet Sandwich  
  
Broccoli  
Fruit Juice  
1% and Fat Free Milk

29  
Chili Frito Pie / Dinner Roll  
  
Or  
Bacon Cheeseburger  
  
Green Beans  
Fruit  
1% and Fat Free Milk

30  
Chicken Stir Fry over Brown Rice  
  
Or  
Chicken Caesar Salad w/Dinner Roll  
Broccoli  
Fruit Juice  
1% and Fat Free Milk



31  
Pepperoni Pizza  
  
Or  
Riblet Sandwich  
  
Carrot Coins  
Fruit  
1% and Fat Free Milk



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

**DYK –OCTOBER IS:  
NATIONAL Pizza Month!  
NATIONAL Popcorn popping Month!**

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



“This institution is an equal opportunity provider.”