



VAIL INNOVATION CENTER  
LUNCH  
FEBRUARY 2019



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

Beefy Nacho

OR

Cheese Pizza

Corn

Fruit Juice

1% and Fat Free Milk

4

Chicken Nuggets w/ Dinner Roll

OR

Crispy Chicken Wrap

Sweet Potato Fries

Fruit

1% and Fat Free Milk

5

Rotini & Meat Sauce

OR

Buffalo Chicken Salad w/ Dinner Roll

Broccoli

Fruit

1% and Fat Free Milk

6

Pepperoni Pizza

OR

Bean and Cheese Burrito

Black Beans

Fruit

1% and Fat Free Milk

7

**Early Release**

**No Lunch Service**

8

**Early Release**

**No Lunch Service**

11

Chili Frito Pie w/ Dinner Roll

OR

Chicken Patty

Green Beans

Fruit

1% and Fat Free Milk

12

Chicken Alfredo Pasta w/Breadstick

OR

Chicken Caesar Salad w/Dinner Roll

Carrot Coins

Fruit

1% and Fat Free Milk

13

Beefy Nachos

OR

Chicken Patty

Buffalo Chicken Wrap

Pinto Beans

Fruit

1% and Fat Free Milk

14

**Happy Valentine's Day!**

Chicken Nuggets & Waffles

OR

Crispy Chicken Salad w/Dinner Roll

Tater Tots

Fruit

1% and Fat Free Milk

Frozen Sherbet Cup w/hot lunch

15

**Early Release**

**No Lunch Service**

18

Spicy Chicken Patty

OR

Crispy Chicken Wrap

Oven Baked Potatoes

Fruit

1% and Fat Free Milk

19

Spaghetti w/Meatballs

OR

Buffalo Chicken Salad w/ Dinner Roll

Cauliflower

Fruit

1% and Fat Free Milk

20

Sweet & Sour Chicken w/Brown Rice

OR

BBQ Riblet Sandwich

Ranchero Beans

Fruit

1% and Fat Free Milk

**School Closed**

**Rodeo Break February 22 -23**

25

Pepperoni Pizza

OR

Cheese Enchiladas

Refried Beans

Fruit

1% and Fat Free Milk

26

Rotini & Meat Sauce

OR

Chicken Caesar Salad w/Dinner Roll

Corn

Fruit

1% and Fat Free Milk

27

Cheeseburger

OR

Crispy Chicken Wrap

Sweet Potato Fries

Fruit

1% and Fat Free Milk

28

Breakfast for Lunch

Pancakes and Sausage Patties

OR

Crispy Chicken Salad w/Dinner Roll

Green Beans

Fruit

1% and Fat Free Milk



**February is National Black History Month.**

**February is International Friendship Month!**



**“This institution is an equal opportunity provider.”**