



VAIL INNOVATION CENTER
LUNCH
MARCH 2019



MONDAY



TUESDAY

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

WEDNESDAY

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



THURSDAY

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

FRIDAY

1
Beefy Nachos

OR
Chicken Patty

Pinto Beans
Fruit
1% and Fat Free Milk

4
Cheese Pizza

OR
Chicken Caesar Wrap

Oven Baked Fries
Fruit
1% and Fat Free Milk

5
Chicken Alfredo Pasta w/Breadstick
OR
Buffalo Chicken Salad w/ Dinner Roll

Broccoli
Fruit
1% and Fat Free Milk

6
Orange Chicken w/ Brown Rice
OR
Pepperoni Pizza

Green Beans
Fruit
1% and Fat Free Milk

7
Chicken Nuggets & Waffles
OR
Chef Salad w/Dinner Roll

Black Beans
Fruit
1% and Fat Free Milk

8
Sweet & Sour Chicken w/ Oven Fried Brown Rice
OR
Bacon Cheeseburger

Carrot Coins
Fruit
1% and Fat Free Milk

Vail School District Spring Break
School Closed
March 11th – 22th
Have a safe and fun spring break!

March 20th is the first day of Spring!

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



25
Chicken Fried Steak w/Dinner Roll

OR
Crispy Chicken Wrap

Whipped Potatoes/Gravy
Fruit
1% and Fat Free Milk

26
Cheese Enchiladas

OR
Chef Salad w/Dinner Roll

Green Beans
Fruit
1% and Fat Free Milk

27
BBQ Pulled Pork Sandwich

OR
Pepperoni Pizza

Ranchero Beans
Fruit
1% and Fat Free Milk

28
Breakfast for Lunch Pancakes and Sausage Patties
OR
Crispy Chicken Salad w/Dinner Roll
Carrot Coins
Fruit
1% and Fat Free Milk

29
Beefy Nachos

OR
Spicy Chicken Sandwich
Refried Beans
Fruit
1% and Fat Free Milk



MARCH IS NATIONAL NUTRITION MONTH



“This institution is an equal opportunity provider.”