



VAIL INNOVATION CENTER
LUNCH
APRIL 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Spicy Chicken Sandwich

OR
Whole Grain Bean & Cheese Burrito

Pinto Beans
Fruit
1% and Fat Free Milk

2
Italian Meatball Sub

OR
Chicken Caesar Salad w/Dinner Roll

Carrot Coins
Fruit
1% and Fat Free Milk

3
Chicken Broccoli Stir Fry w/ Brown Rice

OR
Italian Deli Sub

Green Beans
Fruit
1% and Fat Free Milk

4
Pepperoni Pizza

OR
Crispy Chicken Salad w/ Dinner Roll

Corn
Fruit
1% and Fat Free Milk

5
Sesame Ginger Chicken w/ Brown Rice

OR
Bacon Cheeseburger

Broccoli
Fruit Juice
1% and Fat Free Milk

8
Chicken Nuggets w/Dinner Roll

OR
Sun Butter & Jelly Sandwich w/String Cheese
Green Beans
Fruit
1% and Fat Free Milk

9
Rotini Pasta w/ Meat Sauce

OR
Buffalo Chicken Salad w/Dinner Roll

Carrot Coins
Fruit
1% and Fat Free Milk

10
Beefy Nachos

OR
Cheeseburger

Refried Beans
Fruit
1% and Fat Free Milk

11
Chicken Patty Sandwich

OR
Chef Salad w/ Dinner Roll

Broccoli
Fruit
1% and Fat Free Milk

12
Cheese Enchiladas

OR
Pepperoni Pizza

Corn
Fruit
1% and Fat Free Milk

15
Sesame Ginger Chicken w/ Brown Rice

OR
American Sub

Green Beans
Fruit
1% and Fat Free Milk

16
Mac & Cheese w/Chicken Nuggets

OR
Chicken Caesar Salad w/Dinner Roll

Pinto Beans
Fruit Juice
1% and Fat Free Milk

17
Orange Chicken w/Brown Rice

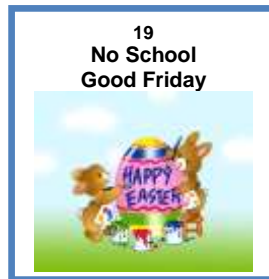
OR
Spicy Chicken Patty

Broccoli
Fruit
1% and Fat Free Milk

18
Pepperoni Pizza

OR
Crispy Chicken Salad w/ Dinner Roll

Carrot Coins
Fruit
1% and Fat Free Milk



22
Chicken Nuggets w/Dinner Roll

OR
Italian Deli Sub

Whipped Potatoes/Gravy
Fruit
1% and Fat Free Milk

23
Spaghetti w/Meatballs

OR
Buffalo Chicken Salad w/ Dinner Roll

Corn
Fruit
1% and Fat Free Milk

24
Cheese Enchiladas

OR
Bacon Cheeseburger

Refried Beans
Fruit
1% and Fat Free Milk

25
Chicken Patty Sandwich

OR
Chef Salad w/ Dinner Roll

Carrot Coins
Fruit
1% and Fat Free Milk

26
Beefy Nachos

OR
Spicy Chicken Patty

Broccoli
Fruit Juice
1% and Fat Free Milk

29
Cheeseburger

OR
Sun Butter & Jelly Sandwich w/String

Green Beans
Fruit
1% and Fat Free Milk

30
Chicken Alfredo Pasta w/Breadstick
OR
Chicken Caesar Salad w/Dinner Roll

Broccoli
Fruit
1% and Fat Free Milk

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

Students **MUST** select 3 out of the 5 meal components.

One of the 3 components selected **MUST** be a fruit Or vegetable.

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



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



“This institution is an equal opportunity provider.”