



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU DECEMBER 4 - 8, 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday DECEMBER 4 th Baked Chicken Nuggets w/ Dinner Roll	Monday IS Chili Dog	Monday NATIONAL Beefy Nachos	Monday COOKIE Pepperoni Pizza OR Cheese Pizza	Monday DAY! American Sub OR Chef Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk
Tuesday Spaghetti & Meatballs	Tuesday Spicy Chicken Sandwich	Tuesday Tacos	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday Crispy Chicken Wrap OR Buffalo Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
Wednesday Cheese Enchiladas	Wednesday Cheeseburger	Wednesday Beefy Nachos	Wednesday Pepperoni Stromboli OR Cheese Pizza	Wednesday Turkey & Cheese Sub OR Chicken Caesar salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk
Thursday Chicken & Waffles	Thursday Chili Dog	Thursday Whole Grain Bean & Cheese Burrito	Thursday Pepperoni Pizza OR Cheese Pizza	Thursday Italian Sub OR Crispy Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Carrots Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk
Friday Sesame Ginger Chicken	Friday Spicy Chicken Sandwich	Friday Beefy Nacho	Friday Supreme Pizza OR Cheese Pizza	Friday Sun Butter & Jelly Sandwich w/ String Cheese OR Chef Salad W/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk

Students MUST select 3 out of the 5 meal components.

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

All lunch meals also include our self-service fresh veggie bar and condiment table.

Menu subject to change without notice.

All grains offered are Whole Grain Rich.

Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.

Our menu is Trans Fat Free!

“This institution is an equal opportunity provider.”