



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU April 23 – 27 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Baked Chicken w/ Dinner Roll Cookie Day	Monday Alaskan Fish Patty Sandwich	Monday Beefy Nachos	Monday Pepperoni Pizza OR Cheese Pizza	Monday American Sub OR Chef Salad Cookie Day
<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk
Tuesday Rotini & Meat Sauce	Tuesday Chicken Patty Sandwich OR Spicy Chicken Sandwich	Tuesday Taco w/Spanish Rice	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday Crispy Chicken Wrap OR Buffalo Chicken 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
Wednesday Taco w/Spanish Rice	Wednesday Chicken Patty Sandwich OR Spicy Chicken Sandwich	Wednesday Whole Grain Bean & Cheese Burrito	Wednesday Pepperoni Stromboli OR Cheese Pizza	Wednesday Turkey & Cheese Sub OR Chicken Caesar Salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk
Thursday Brunch for Lunch Whole Wheat Pancakes & Turkey Sausage Patties	Thursday Cheeseburger	Thursday Taco w/Spanish Rice	Thursday Pepperoni Pizza OR Cheese Pizza	Thursday Italian Sub OR Crispy Chicken Salad W/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
Friday Chicken Fried Steak w/ Dinner Roll	Friday Chicken Patty Sandwich OR Spicy Chicken Sandwich	Friday Beefy Nachos	Friday Supreme Pizza OR Cheese Pizza	Friday Buffalo Chicken Wrap OR Chef Salad W/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy 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.

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

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

Our menu is Trans Fat Free!

Menu subject to change without notice.

“This institution is an equal opportunity provider.”