



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU JULY 16 – 20 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Chili Frito Pie w/Dinner Roll	Monday Bacon Cheeseburger	Monday Beefy Nachos	Monday Pepperoni Pizza OR Cheese Pizza	Monday Turkey & Cheese Sub OR Buffalo 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
Tuesday Chicken Alfredo Pasta w/ Bread Stick	Tuesday Chicken Patty Sandwich OR Spicy Chicken Sandwich	Tuesday Cheese Enchiladas w/Spanish Rice	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday Turkey Ham & Cheese Sub OR Crispy Chicken Salad w/Dinner Roll
<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	<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
Wednesday Chicken Fajita w/ Spanish Rice	Wednesday Bacon Cheeseburger	Wednesday Whole Grain Bean & Cheese Burrito	Wednesday Pepperoni Pizza OR Cheese Pizza	Wednesday American Sub OR Chef Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk
Thursday Philly Cheese Steak Sub	Thursday Chicken Patty Sandwich OR Spicy Patty Sandwich	Thursday Beefy Nachos	Thursday Sausage Stromboli OR Cheese Pizza	Thursday Southwest 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
Friday Orange Chicken w/ Brown Rice	Friday Bacon Cheeseburger	Friday Whole Grain Bean & Cheese Burrito	Friday Buffalo Chicken Pizza OR Cheese Pizza	Friday Italian Sub OR BLT Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn 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.

Menu subject to change without notice.

Nutritional information is available at the Food Service office.

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

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.”