



# VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU JULY 23 - 27, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>
Chicken Nuggets w/Dinner Roll	Chili Dog	Whole Grain Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	American Sub OR Chef 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
<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
Spaghetti w/Meatballs	Spicy Chicken Patty Sandwich	Beefy Nachos	Sausage Pizza OR Cheese Pizza	Club Sub 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
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
Chicken Nuggets & Waffles	Chili Dog	Taco w/Spanish Rice	Pepperoni Stromboli OR Cheese Pizza	Turkey & Cheese Sub OR Chicken Caesar Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Tater Tots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Tater Tots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Tater Tots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Tater Tots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Tater Tots Fruit 1% or Fat Free Milk
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
Cheese Enchiladas w/Spanish Rice	Spicy Chicken Patty Sandwich	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	Club Wrap OR Crispy Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
Sesame Ginger Chicken	Spicy Chicken Patty Sandwich	Whole Grain Bean & Cheese Burrito	Buffalo Chicken Pizza OR Cheese Pizza	Buffalo Chicken Wrap 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.**

**Menu subject to change without notice.**



**“This institution is an equal opportunity provider.”**