

Vail School District MIDDLE SCHOOL LUNCH MENU SEPTEMBER 11 - 15, 2017

				
Monday	Monday	Monday	Monday	Monday
Baked Chicken Nuggets w/ Dinner Roll	Chili Dog	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	American Sub OR Chef Salad w/ Dinner Roll
Veggie / Fruit / Milk Oven Potatoes Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Oven Potatoes Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Oven Potatoes Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Oven Potatoes Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Oven Potatoes Fruit 1% or Fat Free Milk
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Spaghetti & Meatballs	Spicy Chicken Sandwich	Tacos	Sausage Pizza OR Cheese Pizza	Crispy Chicken Wrap OR Buffalo Chicken Salad w/ Dinner Roll
Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
MAX TO THE MEX FEATURED ITEM Enchilada Suiza	Spicy Chicken Sandwich	Beefy Nachos	Pepperoni Stromboli OR Cheese Pizza	Turkey & Cheese Sub OR Chicken Caesar salad w/ Dinner roll
Veggie / Fruit / Milk Mexican Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Mexican Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Mexican Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Mexican Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Mexican Beans Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
EARLY RELEASE DAY	Cheeseburger	EARLY RELEASE DAY	EARLY RELEASE DAY	Italian Sub
Veggie / Fruit / Milk Carrots Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Carrots Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Carrots Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Carrots Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Carrots Fruit 1% or Fat Free Milk
Friday	Friday	Friday	Friday	Friday
EARLY RELEASE DAY	EARLY RELEASE DAY	Bean & Cheese Burrito	EARLY RELEASE DAY	Sun Butter & Jelly Sandwich w/ String Cheese
Veggie / Fruit / Milk Celery Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Celery Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Celery Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Celery Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Celery 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.

“USDA is an equal opportunity provider.”

Menu subject to change without notice.

THIS WEEKS DYK FACT: 20 % of the food we eat is used to fuel the brain!