



Vail School District
MIDDLE SCHOOL LUNCH MENU
July 31 - August 4, 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
DYK - AUGUST IS: NATIONAL FAMILY FUN MONTH! NATIONAL CHILDREN'S VISION & LEARNING MONTH!				
Monday				
School Closed				
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Rotini & Meat Sauce	Chicken Patty Sandwich FEATURED INTERNATIONAL BURGER THE BAHAMA BURGER	Bean & Cheese Burritos	Sausage Pizza OR Cheese Pizza	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	Wednesday	Wednesday	Wednesday	Wednesday
Soft Tacos TODAY IS - NATIONAL ICE CREAM SANDWICH DAY!	Spicy Chicken Sandwich FEATURED INTERNATIONAL BURGER THE BAHAMA BURGER	Beefy Nacho	Pepperoni Stromboli OR Cheese Pizza	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	Thursday	Thursday	Thursday	Thursday
Chicken & Waffles TODAY IS - NATIONAL WATERMELON DAY!	Cheeseburger FEATURED INTERNATIONAL BURGER THE BAHAMA BURGER	Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	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	Friday	Friday	Friday	Friday
Chicken Fried Steak w/ Dinner Roll Today is - National Chocolate Chip Cookie Day!	Chicken Patty Sandwich FEATURED INTERNATIONAL BURGER THE BAHAMA BURGER	Beefy Nacho	Supreme Pizza OR Cheese Pizza	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.

“USDA is an equal opportunity provider.”

Menu subject to change without notice.

