



Vail School District MIDDLE SCHOOL LUNCH MENU August 28 – September 1, 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Baked Chicken Nuggets w/ Dinner Roll	Monday Cheeseburger FEATURED INTERNATIONAL BURGER THE BAHAMA BURGER	Monday Beefy Nachos	Monday Pepperoni Pizza OR Cheese Pizza	Monday American Sub OR Chef Salad
<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 Spicy Chicken Sandwich FEATURED INTERNATIONAL BURGER THE MAXIMUM MEXICAN BURGER	Tuesday Bean & Cheese Burritos	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	Wednesday Chicken Sandwich	Wednesday EARLY RELEASE DAY	Wednesday Pepperoni Stromboli OR Cheese Pizza	Wednesday Turkey & Cheese Sub
<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 Chicken & Waffles	Thursday Cheeseburger FEATURED INTERNATIONAL BURGER THE TRATTORIA BURGER	Thursday Bean & Cheese Burrito	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 FEATURED INTERNATIONAL BURGER THE NINJA BURGER	Friday Beefy Nacho	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

DYK FACT: THIS WEEK IS NATIONAL BE KIND TO HUMANKIND WEEK!

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.

