



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU AUGUST 6 – 10, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
DYK FACT: THIS WEEK IS NATIONAL EXERCISE WITH YOUR CHILD WEEK!				
Monday	Monday	Monday	Monday	Monday
Baked Chicken Nuggets w/ Dinner Roll	Spicy Chicken Sandwich FEATURED INTERNATIONAL BURGER THE BAHAMA BURGER	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	American Sub OR Chef Salad w/Dinner Roll
Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Rotini & Meat Sauce	Cheeseburger FEATURED INTERNATIONAL BURGER THE BAHAMA BURGER	Whole Grain Bean & Cheese Burrito	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
Grilled Chicken Pita w/Sesame Drizzle** **New Item	Spicy Chicken Sandwich FEATURED INTERNATIONAL BURGER THE BAHAMA BURGER	Beefy Nachos	Pepperoni Stromboli OR Cheese Pizza	Turkey & Cheese Sub OR Chicken Caesar Salad w/Dinner Roll
Veggie / Fruit / Milk **Seasoned Baked Sweet Potatoes **New Item Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk **Seasoned Baked Sweet Potatoes **New Item Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk **Seasoned Baked Sweet Potatoes **New Item Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk **Seasoned Baked Sweet Potatoes **New Item Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk **Seasoned Baked Sweet Potatoes **New Item Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
Chicken Nuggets & Waffles	Cheeseburger FEATURED INTERNATIONAL BURGER THE BAHAMA BURGER	Soft Beef Taco w/Spanish Rice	Pepperoni Pizza OR Cheese Pizza	Italian Sub OR Crispy Chicken Salad W/ Dinner Roll
Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk
Friday	Friday	Friday	Friday	Friday
Cheese Enchiladas w/Spanish Rice	Spicy Chicken Sandwich FEATURED INTERNATIONAL BURGER THE BAHAMA BURGER	Whole Grain Bean & Cheese Burrito	Supreme Pizza OR Cheese Pizza	Buffalo Chicken Wrap OR Chef Salad W/ Dinner Roll
Veggie / Fruit / Milk Black Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Black Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Black Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Black Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Black Beans 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.

Our Menu is Trans Fat Free!

Menu subject to change without notice.



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.

“This institution is an equal opportunity provider.”