



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU FEBRUARY 19 – 23 2018



| REVOLVE | HONOR ROLL | FIESTA | UPPER CRUST | FAST TAKES |
|--|---|---|---|---|
| Monday | National Monday | Presidents Monday | Day Monday | Monday |
| Chicken Philly Hot Sub Frozen Sherbet Cup w/ hot lunch | Chicken Patty Sandwich | Beefy Nachos | Pepperoni Pizza OR Cheese Pizza | Turkey & Cheese Sub OR Buffalo 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 |
| Tuesday | Tuesday | Tuesday | Tuesday | Tuesday |
| Chicken Fried Steak w/ Dinner Roll | BBQ Riblet Sandwich | Beefy Nachos | Sausage Pizza OR Cheese Pizza | Ham & Cheese Sub OR Crispy Chicken Salad w/ Dinner Roll |
| <u>Veggie / Fruit / Milk</u> Mashed Potatoes/ Gravy Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Mashed Potatoes W/Gravy Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Mashed Potatoes W/Gravy Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Mashed Potatoes W/Gravy Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Mashed Potatoes W/Gravy Fruit 1% or Fat Free Milk |
| Wednesday | Wednesday | Wednesday | Wednesday | Wednesday |
| Mac & Cheese w/Fish Sticks **Avocado Mac & Cheese **NEW ITEM | Chicken Patty Sandwich | Whole Grain Bean & Cheese Burrito | Pepperoni Pizza OR Cheese Pizza | American Sub OR Chef 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 |

School Closed Rodeo Vacation February 22nd & 23rd



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.

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.
Our menu is Trans Fat Free!

“This institution is an equal opportunity provider.”