



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU FEBRUARY 5 –9, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
**Vegetarian Chili w/Dinner Roll **New Item	Bacon Cheeseburger	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 Alfredo Pasta w/ Bread Stick	Chicken Patty Sandwich	Whole Grain Bean & Cheese Burrito	Sausage Pizza OR Cheese Pizza	Turkey Ham & Cheese Sub OR Crispy 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
Chicken Fajita w/ Spanish Rice	Bacon Cheeseburger	Beefy Nacho	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
Thursday	Thursday	Thursday	Thursday	Thursday
EARLY RELEASE	EARLY RELEASE	Whole Grain Bean & Cheese Burrito	EARLY RELEASE	Sun Butter & Jelly Sandwich w/String Cheese
		<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk
Friday	Friday	Friday	Friday	Friday
EARLY RELEASE	Whole Grain Corn Dog	EARLY RELEASE	EARLY RELEASE	Italian Sub
	<u>Veggie / Fruit / Milk</u> Celery Sticks Fruit 1% or Fat Free Milk			<u>Veggie / Fruit / Milk</u> Celery Sticks 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.

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 breadings used on food items.

Our menu is Trans Fat Free!

“This institution is an equal opportunity provider.”