



Vail School District MIDDLE SCHOOL LUNCH MENU July 17 – 21, 2017

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Baked Chicken Nuggets w/ Dinner Roll	Monday Chili Dog	Monday Beefy Nachos	Monday Pepperoni Pizza OR Cheese Pizza	Monday American Sub OR Chef Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk
Tuesday Spaghetti & Meatballs	Tuesday Chicken Patty Sandwich	Tuesday Tacos	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday Crispy Chicken Wrap OR Buffalo Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
Wednesday Cheese Enchiladas	Wednesday Cheeseburger	Wednesday Beefy Nachos	Wednesday Pepperoni Stromboli OR Cheese Pizza	Wednesday Turkey & Cheese Sub OR Chicken Caesar Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk
Thursday Chicken & Waffles	Thursday Chili Dog	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> Carrots Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk
Friday Sesame Ginger Chicken	Friday Chicken Patty Sandwich	Friday Beefy Nachos	Friday Supreme Pizza OR Cheese Pizza	Friday Buffalo Chicken Wrap OR Chef 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

Available Daily: Sun Butter & Jelly Sandwich w/ Cheese Stick

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.

