



Vail School District MIDDLE SCHOOL LUNCH MENU July 24 - 28, 2017

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Chicken Philly Hot Sub	Shredded BBQ Pork Sandwich	Bean & Cheese Burrito	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	Chicken Patty Sandwich	Beefy Nachos	Sausage Pizza OR Cheese Pizza	Turkey 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
Beefy Mac Casserole w/ Dinner Roll	BBQ Riblet Sandwich	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	Buffalo Chicken Wrap 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
Italian Meatball Sub	Cheeseburger	Bean & Cheese Burrito	Supreme Pizza OR Cheese Pizza	Southwestern Wrap OR Buffalo Chicken Salad w/ Dinner Roll
<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	<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	Friday	Friday	Friday	Friday
Chicken Broccoli Stir Fry	Shredded BBQ Pork Sandwich	Beefy Nachos	Buffalo Chicken Pizza OR Cheese Pizza	Italian Sub OR BLT 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

“USDA is an equal opportunity provider.”

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.

