



# VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU MARCH 5 –9, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Italian Meatball Sub  <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<b>Monday</b> Bacon Cheeseburger  <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<b>Monday</b> Beefy Nachos  <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<b>Monday</b> Pepperoni Pizza OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<b>Monday</b> Turkey & Cheese Sub OR Buffalo Chicken Salad w/ Dinner Roll  <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
<b>Tuesday</b> Baked Chicken w/ Dinner Roll  <u>Veggie / Fruit / Milk</u> <b>**Seasoned Baked Sweet Potatoes **New Item</b> Fruit 1% or Fat Free Milk	<b>Tuesday</b> Chicken Patty Sandwich OR Hot & Spicy Chicken Sandwich  <u>Veggie / Fruit / Milk</u> <b>**Seasoned Baked Sweet Potatoes **New Item</b> Fruit 1% or Fat Free Milk	<b>Tuesday</b> Whole Grain Bean & Cheese Burrito  <u>Veggie / Fruit / Milk</u> <b>**Seasoned Baked Sweet Potatoes **New Item</b> Fruit 1% or Fat Free Milk	<b>Tuesday</b> Sausage Pizza OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> <b>**Seasoned Baked Sweet Potatoes **New Item</b> Fruit 1% or Fat Free Milk	<b>Tuesday</b> Turkey Ham & Cheese Sub OR Crispy Chicken Salad w/Dinner Roll  <u>Veggie / Fruit / Milk</u> <b>**Seasoned Baked Sweet Potatoes **New Item</b> Fruit 1% or Fat Free Milk
<b>Wednesday</b> Chicken Nuggets w/ Dinner Roll  <u>Veggie / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk	<b>Wednesday</b> Bacon Cheeseburger  <u>Veggie / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk	<b>Wednesday</b> Beefy Nacho  <u>Veggie / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk	<b>Wednesday</b> Pepperoni Pizza OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk	<b>Wednesday</b> American Sub OR Chef Salad w/ Dinner Roll  <u>Veggie / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk
<b>Thursday</b> Chicken Fajita w/ Spanish Rice  <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<b>Thursday</b> Chicken Patty Sandwich OR Hot & Spicy Chicken Sandwich  <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<b>Thursday</b> Whole Grain Bean & Cheese Burrito  <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<b>Thursday</b> Sausage Stromboli OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<b>Thursday</b> Sun Butter & Jelly Sandwich w/String Cheese  <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
<b>Friday</b> Beef Stir Fry Teriyaki w/ Brown Rice  <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<b>Friday</b> Fish Patty Sandwich (with or without Cheese)  <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<b>Friday</b> <b>**Chicken Ranch Wrap **New Item</b>  <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<b>Friday</b> Buffalo Pizza OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<b>SPRING BREAK MARCH 10<sup>TH</sup> – 25<sup>TH</sup></b>

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.”**