



Vail School District MIDDLE SCHOOL LUNCH MENU November 13 - 17 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Chicken Philly Hot Sub	Chicken Patty Sandwich	Beefy Nacho	Pepperoni Pizza OR Cheese Pizza	Turkey & Cheese Sub OR Buffalo Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Chicken Fried Steak w/ Dinner Roll	BBQ Riblet Sandwich	Tacos	Sausage Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/ Cheese Stick 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	Chicken Patty Sandwich	Whole Grain Bean & Cheese Burrito	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
Fall Harvest Meal	Cheeseburger	Fall Harvest Meal	Fall Harvest Meal	Fall Harvest Meal
<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
Friday	Friday	Friday	Friday	Friday
Chicken Broccoli Stir Fry	Shredded BBQ Pork Sandwich	Bean & Cheese Burrito	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

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.

“This institution is an equal opportunity provider.”