



Vail School District  
MIDDLE SCHOOL LUNCH MENU  
November 20 – 21 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>
Baked Chicken Nuggets w/ Dinner Roll	Cheeseburger	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	American Sub OR Chef Salad
<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
<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
Rotini & Meat Sauce	Spicy Chicken Sandwich	Taco	Sausage Pizza OR Cheese Pizza	Crispy Chicken Wrap OR Buffalo 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
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>

**School Closed**  
**Thanksgiving Break November 22 -24**



Students **MUST** select 3 out of the 5 meal components.

One of the 3 components selected **MUST** be a fruit or vegetable.

School lunch provides 1/3 of the average daily calorie needs for kids by age.

All lunch meals also include our self-service fresh veggie bar and condiment table.

Our menu is Trans Fat Free.

Menu subject to change without notice.

**“This institution is an equal opportunity provider.”**