




Vail School District MIDDLE SCHOOL LUNCH MENU November 6 – 10 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 Spicy Chicken 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> 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 |
| Wednesday Enchilada | Wednesday Spicy Chicken Sandwich | Wednesday Whole Grain Bean & Cheese Burrito | 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 Beefy Nachos | Thursday Pepperoni Pizza OR Cheese Pizza | Thursday Italian Sub OR Crispy 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 |
| Friday School Closed | Friday Veterans Day | Friday School Closed | Friday  | Friday Our menu is Trans Fat Free! |

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.

Menu subject to change without notice.

“This institution is an equal opportunity provider.”