



# Vail School District MIDDLE SCHOOL LUNCH MENU October 16 – 20 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Chicken Philly Hot Sub	<b>Monday</b> Chicken Patty Sandwich	<b>Monday</b> Whole Grain Bean & Cheese Burrito	<b>Monday</b> Pepperoni Pizza OR Cheese Pizza	<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	<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
<b>Tuesday</b> Chicken Fried Steak w/ Dinner Roll	<b>Tuesday</b> BBQ Riblet Sandwich	<b>Tuesday</b> Beefy Nachos	<b>Tuesday</b> Sausage Pizza OR Cheese Pizza	<b>Tuesday</b> 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
<b>Wednesday</b> Beefy Mac Casserole w/ Dinner Roll	<b>Wednesday</b> Chicken Patty Sandwich	<b>Wednesday</b> Beefy Nacho	<b>Wednesday</b> Pepperoni Pizza OR Cheese Pizza	<b>Wednesday</b> 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
<b>Thursday</b> Italian Meatball Sub	<b>Thursday</b> BBQ Riblet Sandwich	<b>Thursday</b> Tacos	<b>Thursday</b> Supreme Pizza OR Cheese Pizza	<b>Thursday</b> Club 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
<b>Friday</b> Chicken Broccoli Stir Fry	<b>Friday</b> Shredded BBQ Pork Sandwich	<b>Friday</b> Whole Grain Bean & Cheese Burrito	<b>Friday</b> Buffalo Chicken Pizza OR Cheese Pizza	<b>Friday</b> 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

**“This institution 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.**

**DYK FACT: Strawberries Have More Vitamin C Than Oranges.**

October Fresh Pick is Cauliflower  
**DYK FACT:**  
 Fresh cauliflower is an excellent source of Vitamin C-- 100 grams provides about 48.2 milligrams or 80% of daily recommended value