



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU SEPTEMBER 10 – 14 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Chili Frito Pie w/Dinner Roll	Bacon Cheeseburger	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	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
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Chicken Alfredo Pasta w/ Bread Stick	Chicken Patty Sandwich OR Spicy Chicken Sandwich	Cheese Enchiladas	Sausage Pizza OR Cheese Pizza	Turkey Ham & Cheese Sub OR Crispy 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	Wednesday	Wednesday	Wednesday	Wednesday
Chicken Fajita w/ Spanish Rice	Bacon Cheeseburger	Whole Grain Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	American Sub OR Chef Salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
Early Release	Whole Grain Corn Dog	Early Release	Early Release	Turkey & Cheese Sub
	<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk			<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk
Friday	Friday	Friday	Friday	Friday
Early Release	Early Release	Whole Grain Bean & Cheese Burrito	Early Release	Sun Butter & Jelly Sandwich w/ String Cheese
		<u>Veggie / Fruit / Milk</u> Celery Sticks Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Celery Sticks 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

Menu subject to change

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.

Our menu is Trans Fat Free!

Nutritional information is available at the Food Service office.



“This institution is an equal opportunity provider.”