




# VAIL ACADEMY MS & HS LUNCH MENU AUGUST 14 - 18, 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Grilled Cheese & Tomato Soup  Veggie / Fruit / Milk Oven Potatoes Fruit 1% or Fat Free Milk	<b>Monday</b> <b>DYK FACT: 11% OF PEOPLE ARE LEFT HANDED. AUGUST 13<sup>TH</sup> IS INTERNATIONAL LEFT HANDERS DAY!</b>	<b>Monday</b> Beefy Nachos  Veggie / Fruit / Milk Oven Potatoes Fruit 1% or Fat Free Milk	<b>Monday</b> Pepperoni Pizza OR Cheese Pizza  Veggie / Fruit / Milk Oven Potatoes Fruit 1% or Fat Free Milk	<b>Monday</b> Sun Butter & Jelly Sandwich w/String Cheese  Veggie / Fruit / Milk Oven Potatoes Fruit 1% or Fat Free Milk
<b>Tuesday</b> Spaghetti & Meatballs  Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk	<b>Tuesday</b> Chicken Nuggets w/ Dinner Roll  Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk	<b>Tuesday</b> 	<b>Tuesday</b> Sausage Pizza OR Cheese Pizza  Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk	<b>Tuesday</b> Buffalo Chicken Wrap  Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk
<b>Wednesday</b> <b>DYK FACT; BURGERS ACCOUNT FOR 60% OF ALL SANDWICHES SOLD!</b>	<b>Wednesday</b> Chicken Patty Sandwich  Veggie / Fruit / Milk Mexican Beans Fruit 1% or Fat Free Milk	<b>Wednesday</b> <b>EARLY RELEASE DAY</b>	<b>Wednesday</b> Pepperoni Stromboli OR Cheese Pizza  Veggie / Fruit / Milk Mexican Beans Fruit 1% or Fat Free Milk	<b>Wednesday</b> <b>EARLY RELEASE DAY</b>
<b>Thursday</b> Chicken & Waffles  Veggie / Fruit / Milk Carrots Coins Fruit 1% or Fat Free Milk	<b>Thursday</b> Cheeseburger  Veggie / Fruit / Milk Carrots Coins Fruit 1% or Fat Free Milk	<b>Thursday</b> Bean & Cheese Burrito  Veggie / Fruit / Milk Carrots Coins Fruit 1% or Fat Free Milk	<b>Thursday</b> <b>DYK FACT; HAMBURERS GET THEIR NAME FROM THE HAMBURG STEAKS THAT GERMAN IMMIGRANTS BROUGHT TO THE UNITED STATES!</b>	<b>Thursday</b> Chef Salad w/ Dinner Roll  Veggie / Fruit / Milk Carrots Coins Fruit 1% or Fat Free Milk
<b>Friday</b> <b>DYK FACT: AN AVERAGE AMERICAN EATS THREE BURGERS A WEEK!</b>	<b>Friday</b> <b>FEATURED INTERNATIONAL BURGER NINJA BURGER</b>  Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	<b>Friday</b> Chicken Nachos  Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	<b>Friday</b> Supreme Pizza OR Cheese Pizza  Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	<b>Friday</b> Trix Yogurt / String Cheese / Graham Crackers  Veggie / Fruit / Milk 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.

“USDA is an equal opportunity provider.”

Menu subject to change without notice.

