



VAIL SCHOOL DISTRICT HIGH SCHOOL LUNCH MENU JANUARY 29 – FEBRUARY 2 2018



CREATIONS	GRILL	SALSA	PIZZA	FAST TAKES
Monday	Monday	Monday	Monday	Monday
**Carved Roasted Turkey w/ Dinner Roll	Cheeseburger OR Spicy Chicken Patty Sandwich	Fiesta Bar	Pepperoni Pizza OR Cheese Pizza	Chef Salad w/ Dinner Roll
<u>Veggie</u> Carrot Coins	<u>Veggie</u> Carrot Coins	<u>Veggie</u> Carrot Coins	<u>Veggie</u> Carrot Coins	<u>Veggie</u> Carrot Coins
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Rotini & Meat Sauce	Cheeseburger OR Spicy Chicken Patty Sandwich	Fiesta Bar	Sausage Pizza OR Cheese Pizza	Buffalo Chicken Salad w/ Dinner Roll
<u>Veggie</u> Broccoli	<u>Veggie</u> Broccoli	<u>Veggie</u> Broccoli	<u>Veggie</u> Broccoli	<u>Veggie</u> Broccoli
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
**Beef & Veggie Stir Fry w/Steam Rice	Cheeseburger OR Chicken Patty Sandwich	Fiesta Bar	Pepperoni Stromboli OR Cheese Pizza	Healthy Lettuce Wrap
<u>Veggie</u> Black Bean	<u>Veggie</u> Black Bean	<u>Veggie</u> Black Bean	<u>Veggie</u> Black Bean	<u>Veggie</u> Black Bean
Thursday	Thursday	Thursday	Thursday	Thursday
**Oven Roasted Chicken & Waffles	Cheeseburger OR Spicy Chicken Patty Sandwich	Fiesta Bar	Pepperoni Pizza OR Cheese Pizza	Crispy Chicken Salad w/ Dinner Roll
<u>Veggie</u> Green Beans	<u>Veggie</u> Green Beans	<u>Veggie</u> Green Beans	<u>Veggie</u> Green Beans	<u>Veggie</u> Green Beans
Friday	Friday	Friday	Friday	Friday
**Chicken Fried Steak w/ Dinner Roll	Cheeseburger OR Spicy Chicken Patty Sandwich	Fiesta Bar	Supreme Pizza OR Cheese Pizza	Chef Salad w/ Dinner Roll
<u>Veggie</u> Whipped Potatoes / Gravy	<u>Veggie</u> Whipped Potatoes / Gravy	<u>Veggie</u> Whipped Potatoes / Gravy	<u>Veggie</u> Whipped Potatoes / Gravy	<u>Veggie</u> Whipped Potatoes / Gravy

Students MUST select 3 out of the 5 meal components.

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

Available Daily:

- Made to order Deli Bar
- Self-Serve Veggie Bar
- Assorted Fresh Fruit
- Side Caesar Salad
- Oven Browned Potatoes
- 1% or Fat Free Milk



Cabbage
It is a good source of minerals such as manganese, copper, iron, calcium and potassium.

** Meals:
\$3.50 Student Lunch
\$4.00 Adult Lunch



Monday
Thru
Friday

Sunset strips
Chicken Tenders w/Assorted Sauces

- Sides:
- Garlic Knot Whole Wheat Roll
 - Cinnamon Apples
 - Veggie of the Day
 - Fresh Fruit

“This institution is an equal opportunity provider.”