



# VAIL SCHOOL DISTRICT HIGH SCHOOL LUNCH MENU DECEMBER 18 – 22 2017



CREATIONS	GRILL	SALSA	PIZZA	FAST TAKES
<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>
**Carved Roasted Turkey w/ Dinner Roll	Cheeseburger OR Spicy Chicken Patty Sandwich	Fiesta Bar	Pepperoni Pizza OR Cheese Pizza	Chef Salad w/ Dinner Roll
Veggie Carrot Coins	Veggie Carrot Coins	Veggie Carrot Coins	Veggie Carrot Coins	Veggie Carrot Coins
<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
Rotini & Meat Sauce	Cheeseburger OR Spicy Chicken Patty Sandwich	Fiesta Bar	Sausage Pizza OR Cheese Pizza	Buffalo Chicken Salad w/ Dinner Roll
Veggie Broccoli	Veggie Broccoli	Veggie Broccoli	Veggie Broccoli	Veggie Broccoli
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
**Beef & Veggie Stir Fry w/Steam Rice	Cheeseburger OR Chicken Patty Sandwich	Fiesta Bar	Pepperoni Stromboli OR Cheese Pizza	Chicken Caesar Salad w/Dinner roll
Veggie Black Bean	Veggie Black Bean	Veggie Black Bean	Veggie Black Bean	Veggie Black Bean
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
**Oven Roasted Chicken & Waffles	Cheeseburger OR Spicy Chicken Patty Sandwich	Fiesta Bar	Pepperoni Pizza OR Cheese Pizza	Crispy Chicken Salad w/ Dinner Roll
Veggie Green Beans	Veggie Green Beans	Veggie Green Beans	Veggie Green Beans	Veggie Green Beans
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
<b>EARLY RELEASE DAY</b>	<b>NO LUNCH SERVICE</b>	<b>EARLY RELEASE DAY</b>	<b>NO LUNCH SERVICE</b>	<b>EARLY RELEASE DAY</b>

Students MUST select 3 out of the 5 meal components.

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



Bell Peppers



Bell Peppers are an excellent source of Vitamins A & C.

### 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

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

All lunch meals also include our self-service fresh veggie bar and condiment table.  
All grains offered are Whole Grain Rich.

All lunch meals also include our self-service fresh veggie bar and condiment table.

Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.

Our menu is Trans Fat Free!

**“This institution is an equal opportunity provider.”**