



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU APRIL 9 – 13 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Baked Chicken w/Dinner Roll <u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Monday Chicken Patty Sandwich OR Spicy Chicken Sandwich <u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Monday Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Monday Pepperoni Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Monday American Sub OR Chef Salad w/Dinner Roll <u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk
Tuesday Spaghetti & Meatballs <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	Tuesday Chicken Patty Sandwich OR Spicy Chicken Sandwich <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	Tuesday Soft Taco w/Spanish Rice <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	Tuesday Sausage Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	Tuesday Crispy Chicken Wrap OR Buffalo Chicken Salad w/ Dinner Roll <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
Wednesday Cheese Enchiladas w/Spanish Rich <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	Wednesday Chicken Patty Sandwich OR Spicy Chicken Sandwich <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	Wednesday Beefy Nachos <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	Wednesday Pepperoni Stromboli OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	Wednesday Turkey & Cheese Sub OR Chicken Caesar salad w/ Dinner roll <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk
Thursday Chicken Fried Steak w/Dinner Roll <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	Thursday Chicken Patty Sandwich OR Spicy Chicken Sandwich <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	Thursday Soft Taco w/Spanish Rice <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	Thursday Pepperoni Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	Thursday Italian Sub OR Crispy Chicken salad w/Dinner Roll <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk
Friday Sesame Ginger Chicken <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Friday Chicken Patty Sandwich OR Spicy Chicken Sandwich <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Friday Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Friday Supreme Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Friday Sun Butter & Jelly Sandwich w/String Cheese OR Chef Salad w/Dinner Roll <u>Veggie / Fruit / Milk</u> 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.

School lunch provides 1/3 of the average daily calorie needs for kids by age.
All lunch meals also include our self-service fresh veggie bar and condiment table.

Menu subject to change without notice.

Our Menu is Trans Fat Free!

“This institution is an equal opportunity provider.”