



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU FEBRUARY 12 – 16, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Chicken Nuggets w/Dinner Roll	Monday Chili Dog	Monday Beefy Nachos	Monday Pepperoni Pizza OR Cheese Pizza	Monday American Sub OR Chef Salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk
Tuesday Spaghetti & Meatballs	Tuesday Spicy Chicken Sandwich	Tuesday Soft Taco	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday Crispy Chicken Wrap OR Buffalo Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
Wednesday Cheese Enchilada	HAPPY Wednesday Chili Dog	VALENTINES Wednesday Whole Grain Bean & Cheese Burrito	DAY!! Wednesday Pepperoni Stromboli OR Cheese Pizza	Wednesday Turkey & Cheese Sub OR Chicken Caesar salad w/ Dinner roll
<u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk
Thursday **Grilled Chicken Pita w/Sesame Drizzle **NEW ITEM	Thursday Spicy Chicken Sandwich	Thursday Beefy Nachos	Thursday Pepperoni Pizza OR Cheese Pizza	Thursday Italian 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
Friday Early Release	Friday Early Release	Friday Whole Grain Bean & Cheese Burrito	Friday Early Release	Friday Sun Butter & Jelly Sandwich w/String Cheese
		<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



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.”