



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU FEBRUARY 26 MARCH 2, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Baked Chicken Nuggets w/ Dinner Roll	Monday Cheeseburger	Monday Whole Grain Bean & Cheese Burritos	Monday Pepperoni Pizza OR Cheese Pizza	Monday American Sub OR Chef Salad
<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk
Tuesday Rotini & Meat Sauce	Tuesday Spicy Chicken Sandwich	Tuesday Beefy Nachos	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday Crispy Chicken Wrap OR Buffalo 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
Wednesday Soft Tacos	Wednesday Cheeseburger	Wednesday Whole Grain Bean & Cheese Burrito	Wednesday Pepperoni Stromboli OR Cheese Pizza	Wednesday OR Chicken Caesar Salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk
Thursday Pancakes & Sausage Patties	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> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
Friday Chicken Fried Steak w/ Dinner Roll	Friday Cheeseburger	Friday Beefy Nachos	Friday Supreme Pizza OR Cheese Pizza	Friday Buffalo Chicken Wrap OR Chef Salad W/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy 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.

Our menu is Trans Fat Free!

Menu subject to change without notice.

“This institution is an equal opportunity provider.”