



# VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU JANUARY 15 – 19, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
<b>School Closed Martin Luther King Jr. Day</b>		<b>Martin Luther King</b> "I have a dream"		
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Spaghetti & Meatballs	Spicy Chicken Sandwich	Soft Taco	Sausage Pizza OR Cheese Pizza	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	Wednesday	Wednesday	Wednesday	Wednesday
Cheese Enchilada	Chili Dog	Beefy Nachos	Pepperoni Stromboli OR Cheese Pizza	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	Thursday	Thursday	Thursday	Thursday
Chicken Fried Steak w/Dinner Roll	Spicy Chicken Sandwich	Whole Grain Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	Italian Sub OR Crispy Chicken salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk
Friday	Friday	Friday	Friday	Friday
Sesame Ginger Chicken	Spicy Chicken Sandwich	Beefy Nachos	Supreme Pizza OR Cheese Pizza	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	<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

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."