



# VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU JANUARY 22 – 26 2018



<b>REVOLVE</b>	<b>HONOR ROLL</b>	<b>FIESTA</b>	<b>UPPER CRUST</b>	<b>FAST TAKES</b>
<b>Monday</b> Chicken Philly Hot Sub	<b>Monday</b> Monday Major Melt Down Nuclear Melt Down Flat Burrito	<b>Monday</b> Beefy Nachos	<b>Monday</b> Pepperoni Pizza OR Cheese Pizza	<b>Monday</b> Turkey & Cheese Sub OR Buffalo 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
<b>Tuesday</b> Chicken Fried Steak w/ Dinner Roll	<b>Tuesday</b> BBQ Riblet Sandwich	<b>Tuesday</b> Beefy Nachos	<b>Tuesday</b> Sausage Pizza OR Cheese Pizza	<b>Tuesday</b> Sun Butter & Jelly Sandwich w/ Cheese Stick OR Crispy Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Mashed Potatoes/ Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mashed Potatoes W/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mashed Potatoes W/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mashed Potatoes W/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mashed Potatoes W/Gravy Fruit 1% or Fat Free Milk
<b>Wednesday</b> <b>Early Release</b>	<b>Wednesday</b> <b>Early Release</b>	<b>Wednesday</b> Chicken Patty Sandwich	<b>Wednesday</b> <b>Early Release</b>	<b>Wednesday</b> Sun Butter & Jelly Sandwich w/Cheese Stick
<u>Veggie / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk
<b>Thursday</b> Italian Meatball Sub	<b>Thursday</b> BBQ Riblet Sandwich	<b>Thursday</b> Soft Taco	<b>Thursday</b> Supreme Pizza OR Cheese Pizza	<b>Thursday</b> Club Sub OR Buffalo Chicken Salad w/ Dinner Roll
<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
<b>Friday</b> Chicken Broccoli Stir Fry	<b>Friday</b> Shredded BBQ Pork Sandwich	<b>Friday</b> Whole Grain Bean & Cheese Burrito	<b>Friday</b> Buffalo Chicken Pizza OR Cheese Pizza	<b>Friday</b> Italian Sub OR BLT 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.

Menu subject to change without notice.

All lunch meals also include our self-service fresh veggie bar and condiment table.  
All grains offered are Whole Grain Rich.  
Items included are: pasta, breads, buns, tortillas, dinner rolls and all breadings used on food items.  
Our menu is Trans Fat Free!

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