




# VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU JANUARY 8 –12, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Chili Frito Pie w/ Dinner Roll	<b>Monday</b> Monday Major Melt Down Patty Melt	<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 Alfredo Pasta w/ Bread Stick	<b>Tuesday</b> Chicken Patty Sandwich	<b>Tuesday</b> Beefy Nachos	<b>Tuesday</b> Sausage Pizza OR Cheese Pizza	<b>Tuesday</b> Turkey Ham & Cheese 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
<b>Wednesday</b> Chicken Fajita w/ Spanish Rice	<b>Wednesday</b> Bacon Cheeseburger	<b>Wednesday</b> Whole Grain Bean & Cheese Burrito	<b>Wednesday</b> Pepperoni Pizza OR Cheese Pizza	<b>Wednesday</b> American Sub OR Chef Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
<b>January Thursday</b> Hot Philly Cheese Steak Sub	<b>11<sup>th</sup> is Thursday</b> Chicken Patty Sandwich	<b>National Thursday</b> Beefy Nachos	 <b>Milk Thursday</b> Sausage Stromboli OR Cheese Pizza	<b>Day!! Thursday</b> Southwest 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
<b>Friday</b> Orange Chicken w/ Brown Rice	<b>Friday</b> Bacon Cheeseburger	<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> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn 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.”