



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU MAY 21 - 25 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Chicken Philly Sub	Chicken Patty Sandwich OR Spicy Chicken Sandwich	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	American Sub 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
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Rotini & Meat Sauce	Chicken Patty Sandwich OR Spicy Chicken Sandwich	Beefy Nachos	Sausage Pizza OR Cheese Pizza	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	Wednesday	Wednesday	Wednesday	Wednesday
Cheese Enchiladas w/Spanish Rice	Chicken Patty Sandwich OR Spicy Chicken Sandwich	Beefy Nachos	Pepperoni Stromboli OR Cheese Pizza	Turkey & Cheese Sub 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	Thursday	Thursday	Thursday	Thursday
Riblet Sandwich	Cheeseburger	Soft Taco w/Spanish Rice	Pepperoni Pizza OR Cheese Pizza	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	Friday	Friday	Friday	Friday
<p>Have a Fun and Safe Summer Break!</p>		Whole Grain Bean & Cheese Burrito		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.

Our menu is Trans Fat Free!

Menu subject to change without notice.

“This institution is an equal opportunity provider.”