



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU MAY 7 – 11 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
May 7 - 11 Monday	IS Monday	Teacher Monday	Appreciation Monday	Week! Monday
Turkey & Gravy w/Dinner Roll	Chicken Patty Sandwich OR Spicy Chicken Sandwich	Whole Grain Bean & Cheese Burrito	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
Spaghetti & Meatballs	Chicken Patty Sandwich OR Spicy Chicken Sandwich	Soft Taco w/Spanish Rice	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 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> 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
Grilled Cheese & Tomato Soup	Chicken Patty Sandwich OR Spicy Chicken Sandwich	Soft Taco w/Spanish Rice	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	Chicken Patty Sandwich OR Spicy Chicken Sandwich	Whole Grain Bean & Cheese Burrito	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.”