



VAIL ACADEMY MS&HS LUNCH MENU DECEMBER 4 – 8 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Grilled Cheese & Tomato Soup <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	Monday December 4th is National Cookie Day!	Monday Beefy Nachos <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	Monday Pepperoni Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	Monday Sun Butter & Jelly Sandwich w/String Cheese <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk
Tuesday Spaghetti & Meatballs <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk		Tuesday Chicken Nuggets w/ Dinner Roll <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	Tuesday December fresh pick of the month is Bell Peppers	Tuesday Sausage Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
Wednesday Cheese Enchiladas <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	Wednesday Chicken Patty Sandwich <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	Wednesday  <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk		Wednesday Pepperoni Stromboli OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk
Thursday Chicken & Waffles <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	Thursday Cheeseburger <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	Thursday Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	Thursday Our menu is Trans Fat Free!	Thursday Chef Salad w/Dinner Roll <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk
Friday School lunch provides 1/3 of the average daily calorie needs for kids by age.	Friday Whole Grain Corn Dog <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Friday Beefy Nacho <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk		Friday Supreme Pizza OR Cheese Pizza <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.

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

Menu subject to change without notice.

“This institution is an equal opportunity provider.”