



VAIL ACADEMY MS&HS LUNCH MENU DECEMBER 11 - 15, 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Cheese Enchiladas	Monday Hot Dog	Monday Beefy Nachos	Monday DYK FACT; Bell peppers are a good source of vitamin A.	Monday Turkey & Cheese Sub
<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
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
All lunch meals also include our self-service fresh veggie bar and condiment table.	Chicken Patty Sandwich	Whole Grain Bean & Cheese Burrito	Sausage Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/ Cheese Stick
	<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
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Mac & Cheese w/ Fish Sticks	Meatball Sub	Beefy Nacho	Our menus are Trans Fat Free!	Buffalo 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
Thursday	Thursday	Thursday	Thursday	Thursday
Break Fast for Lunch	Cheese Quesadilla	School lunch provided 1/3 of the average daily calorie needs for kids by age.	Supreme Pizza or Cheese Pizza	American Sub
<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
	BBQ Pork sandwich	Whole Grain Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	Italian Sub
	<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

Menu subject to change without notice.

December Fresh Pick of the month is Bell Peppers.

“This institution is an equal opportunity provider.”