



# VAIL ACADEMY MS&HS LUNCH MENU DECEMBER 18 - 22, 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Baked Chicken Nuggets w/ Dinner Roll	<b>Monday</b> Cheeseburger	<b>Monday</b> <b>DYK FACT;</b> Red bell peppers are simply green bell peppers that have been left on the vine to continue to ripen.	<b>Monday</b> Pepperoni Pizza OR Cheese Pizza	<b>Monday</b> American Sub
<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
<b>Tuesday</b> Rotini & Meat Sauce	<b>Tuesday</b> Spicy Chicken Sandwich	<b>Tuesday</b> Beefy Nachos	<b>Tuesday</b>  Bell pepper is an excellent source of vitamin C.	<b>Tuesday</b> Crispy Chicken Wrap
<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>Wednesday</b> All lunch meals also include our self-service fresh veggie bar and condiment table.	<b>Wednesday</b> Early Release <u>Veggie / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk	<b>Wednesday</b> Early Release <u>Veggie / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk	<b>Wednesday</b> Pepperoni Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk	<b>Wednesday</b> Turkey Ham & Cheese Sub <u>Veggie / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk
<b>Thursday</b> School lunch provides 1/3 of the average daily calorie needs for kids by age.	<b>Thursday</b> Whole Grain Corn Dog <u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<b>Thursday</b> Early Release <u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<b>Thursday</b> Early Release <u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<b>Thursday</b> Turkey & Cheese Sub <u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk
<b>Friday</b> Early Release <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<b>Friday</b> Early Release <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<b>Friday</b> Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<b>Friday</b> Our Menu is Trans Fat Free Menu!	<b>Friday</b> Sun Butter & Jelly Sandwich W/ Cheese Stick <u>Veggie / Fruit / Milk</u> Carrot Coins 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.



“This institution is an equal opportunity provider.”