



# VAIL ACADEMY MS&HS LUNCH MENU OCTOBER 30 – NOVEMBER 3 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Chili Frito Pie w/ Dinner Roll  <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<b>Monday</b> Chicken Nuggets w/ Dinner Roll  <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<b>Monday</b> Beefy Nachos  <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<b>Monday</b>  <b>DYK; October is Eat Better, Eat Together Month</b>	<b>Monday</b> Turkey & Cheese Sub  <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
<b>Tuesday</b>   <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<b>Tuesday</b> Chicken Patty Sandwich  <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<b>Tuesday</b> Bean & Cheese Burrito  <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk		<b>Tuesday</b> Sausage Pizza OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk
<b>Wednesday</b> Breakfast for Lunch  <u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<b>Wednesday</b> Cheeseburger  <u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<b>Wednesday</b> Chicken Nachos  <u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<b>Wednesday</b>  <b>Make a point to have a weekly family night at home. Cooking the meal together can be a great time to "plug-in" and chat.</b>	<b>Wednesday</b> Buffalo Chicken Salad w/ Dinner Roll  <u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk
<b>Thursday</b>   <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<b>Thursday</b> BBQ Puled Pork Sandwich  <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<b>Thursday</b> Bean & Cheese Burrito  <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk		<b>Thursday</b> Pepperoni Pizza OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk
<b>Friday</b> Orange Chicken w/ Brown Rice  <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<b>Friday</b> Chicken Patty sandwich  <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<b>Friday</b>  <b>Eat at least one meal together as a family this week. Make it fun by choosing a theme or recipes that you can plan and cook together.</b>	<b>Friday</b> Supreme Pizza OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<b>Friday</b> Sun Butter & Jelly Sandwich w/ string cheese  <u>Veggie / Fruit / Milk</u> Corn 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.



All lunch meals also include our self-service fresh veggie bar and condiment table.

Fresh and locally grown when available.

“This institution is an equal opportunity provider.”