



# VAIL ACADEMY MS&HS LUNCH MENU OCTOBER 16 - 20, 2017




REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Cheese Enchiladas	<b>Monday</b> Hot Dog	<b>Monday</b> Beefy Nachos	<b>DYK FACT; October is National Pizza Month.</b>	<b>Monday</b> 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
<b>Tuesday</b> <b>DYK FACT: Americans eat approximately 100 acres of pizza each day, or 350 slices per second!</b>	<b>Tuesday</b> Chicken Patty Sandwich	<b>Tuesday</b> Bean & Cheese Burrito	<b>Tuesday</b> Sausage Pizza OR Cheese Pizza	<b>Tuesday</b> Sun Butter & Jelly Sandwich w/ Cheese Stick
	<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
<b>Wednesday</b> Mac & Cheese w/ Fish Sticks	<b>Wednesday</b> Meatball Sub	<b>Wednesday</b> Beefy Nacho	<b>DYK FACT: Pepperoni is America's favorite topping!</b>	<b>Wednesday</b> 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
<b>Thursday</b> Breakfast for Lunch	<b>Thursday</b> Quesadilla	<b>Thursday</b> 	<b>Thursday</b> Supreme Pizza OR Cheese Pizza	<b>Thursday</b> American Sub
<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
<b>Friday</b> <b>DYK FACT; There are approximately 61,269 pizzerias in the United States!</b>	<b>Friday</b> BBQ Pork sandwich	<b>Friday</b> Bean & Cheese Burrito	<b>Friday</b> Pepperoni Pizza OR Cheese Pizza	<b>Friday</b> 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

**“This institution is an equal opportunity provider.”**

**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.**



**October Fresh Pick is  
Cauliflower**

**DYK FACT:**  
Fresh cauliflower is an excellent source of Vitamin C-- 100 grams provides about 48.2 milligrams or 80% of daily recommended value.