




VAIL ACADEMY MS & HS LUNCH MENU OCTOBER 9 – 13 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  ChooseMyPlate.gov	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 October is National Pizza Month	Tuesday Sausage Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	Tuesday Buffalo Chicken Wrap <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
Wednesday DYK FACT; Americans eat approximately 100 acres of pizza each day, or 350 slices per second	Wednesday Chicken Patty Sandwich <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	Wednesday Beefy Nachos <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	Wednesday Chicken Caesar salad w/dinner roll <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 October 26th is National Pumpkin Day.	Thursday Chef Salad w/Dinner Roll <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk
Friday DYK FACT: Pumpkins are 90% water.	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	Friday Chef salad w/Dinner Roll <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.

Menu subject to change without notice.

“USDA is an equal opportunity provider.”

All grains offered are Whole Grain Rich. Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.

Our menu is Trans Fat Free!

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