
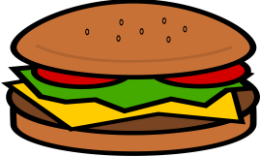





VAIL ACADMEY MS & HS LUNCH MENU SEPTEMBER 18 - 22, 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday MAX TO THE MEX FEATURED ITEM Enchiladas Suiza	Monday National Cheeseburger Day Cheeseburger 	Monday Beefy Nachos	Monday 	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 DYK FACT: You can see Autumn leaves from Space. 	Tuesday Chicken Patty Sandwich	Tuesday Bean & Cheese Burrito	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday 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
Wednesday Mac & Cheese w/ Fish Sticks	Wednesday Meatball Sub	Wednesday Chicken Nachos	Wednesday DYK FACT: The first day of autumn is known as the autumnal equinox. On this day, the number of hours of daylight and darkness are equal.	Wednesday 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 Breakfast for Lunch	Thursday Quesadilla	Thursday 	Thursday Supreme Pizza OR Cheese Pizza	Thursday 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
Friday DYK FACT; September 22nd is the first day of fall.	Friday Hotdog	Friday Bean & Cheese Burrito	Friday Pepperoni Pizza OR Cheese Pizza	Friday 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 Or vegetable.

“USDA is an equal opportunity provider.”

Menu subject to change without notice.

