



VAIL ACADEMY MS & HS LUNCH MENU SEPTEMBER 4 - 8, 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
	School closed	Labor day		
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
	Chicken Patty Sandwich	Bean & Cheese Burrito	Sausage Pizza OR Cheese Pizza	Crispy Chicken Salad w/Dinner Roll
	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Breakfast for Lunch	Cheeseburger	MEX TO THE MAX FEATURED ITEM Chicken Nachos	DYK FACT: September 6th is National Read a book day. 	Buffalo Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
	BBQ Pulled Pork Sandwich	Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	Turkey and Cheese 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
Friday	Friday	Friday	Friday	Friday
Orange Chicken w/ Brown Rice	Hot dog	Grandparent's day is September 10th.	Supreme Pizza OR Cheese Pizza	Italian 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	<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.

“USDA is an equal opportunity provider.”

