



# VAIL ACADEMY MS&HS LUNCH MENU APRIL 16 – 20 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Cheese Enchiladas w/ Spanish Rice	<b>Monday</b> Turkey Hot Dog	<b>Monday</b> Whole Grain Bean & Cheese Burrito	<b>Monday</b> School lunch provides 1/3 of the average daily calorie needs for kids by age.	<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> All lunch meals also include our self- service fresh veggie bar and condiment table.	<b>Tuesday</b> Chicken Patty Sandwich	<b>Tuesday</b> Beefy Nachos	<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> Chicken Patty Sandwich	<b>Wednesday</b> 	<b>Wednesday</b> Pepperoni Pizza OR Cheese Pizza	<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	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk
<b>Thursday</b> Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties	<b>Thursday</b> Healthy Lettuce Bowl w/Rice/Quinoa** **New Item	<b>Thursday</b> Whole Grain Bean & Cheese Burrito	<b>Thursday</b> <b>DYK FACT:</b> Jicama is composed of 86 to 90 % water and is high in antioxidants.	<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> Grilled Chicken Pita w/Sesame Drizzle** **New Item	<b>Friday</b> Our menu is Trans Fat Free!	<b>Friday</b> Taco w/Spanish Rice	<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	<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.

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



April Fresh Pick is Jicama

**DYK FACT:**  
Jicama can be eaten raw or cooked

Menu subject to change without notice.

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