



VAIL ACADEMY MS&HS LUNCH MENU APRIL 23 – 27 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Turkey & Gravy w/Dinner Roll	Monday Cheeseburger	Monday Cookie Day! 	Monday Pepperoni Pizza Or Cheese Pizza	Monday American Sub
Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk
Tuesday Rotini & Meat Sauce	Tuesday Spicy Chicken Sandwich	Tuesday Beefy Nachos	Tuesday  Choose MyPlate.gov	Tuesday Crispy Chicken Wrap
Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk		Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk
Wednesday 	Wednesday Whole Grain Corn Dog	Wednesday Whole Grain Bean & Cheese Burrito	Wednesday Pepperoni Pizza OR Cheese Pizza	Wednesday Chef Salad w/Dinner Roll
	Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Green Beans Fruit 1% or Fat Free Milk
Thursday School lunch provides 1/3 of the average daily calorie needs for kids by age.	Thursday BBQ Riblet Sandwich	Thursday Beefy Nachos	Thursday Pepperoni Pizza OR Cheese Pizza	Thursday Turkey & Cheese Sub
	Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk
Friday Grilled Cheese & Chicken Rice Soup** **New Item	Friday Cheeseburger	Friday Whole Grain Bean & Cheese Burrito	Friday Our menu is Trans Fat Free!	Friday Sun Butter & Jelly Sandwich W/ Cheese Stick
Veggie / Fruit / Milk Carrot Coins Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Carrot Coins Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Carrot Coins Fruit 1% or Fat Free Milk		Veggie / Fruit / Milk Carrot Coins 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.

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



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

“This institution is an equal opportunity provider.”