



VAIL ACADEMY MS&HS LUNCH MENU APRIL 9 – 13 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday BBQ Pork Sandwich	Monday Spicy Chicken Patty Sandwich	Monday Jicama is a root vegetable which looks like a potato. Carrot Coins Fruit 1% or Fat Free Milk	Monday Pepperoni Pizza OR Cheese Pizza Carrot Coins Fruit 1% or Fat Free Milk	Monday Sun Butter & Jelly Sandwich w/String Cheese Carrot Coins Fruit 1% or Fat Free Milk
Tuesday Spaghetti & Meatballs	Tuesday Chicken Patty Sandwich	Tuesday Beefy Nachos	Tuesday  Carrot Coins Fruit 1% or Fat Free Milk	Tuesday Buffalo Chicken Wrap Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk
Wednesday  Oven Roasted Chicken w/Dinner Roll	Wednesday Spicy Chicken Patty Sandwich Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk	Wednesday Beefy Nachos Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk	Wednesday Pepperoni Pizza OR Cheese Pizza Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk	Wednesday Chef Salad w/Dinner Roll Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk
Thursday Oven Roasted Chicken w/Dinner Roll Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Thursday Chicken Patty Sandwich Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Thursday Whole Grain Bean & Cheese Burrito Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Thursday Our menu is Trans Fat Free! Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Thursday Turkey & Cheese Sub Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk
Friday School lunch provides 1/3 of the average daily calorie needs for kids by age. Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Friday Spicy Chicken Patty Sandwich Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Friday Whole Grain Bean & Cheese Burrito Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Friday Pepperoni Pizza OR Cheese Pizza Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Friday Sun Butter & Jelly Sandwich W/ Cheese Stick Veggie / Fruit / Milk 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.

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.”