



VAIL ACADEMY MS&HS LUNCH MENU FEBRUARY 5- 9, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday **Vegetarian Chili w/ Dinner Roll ** NEW ITEM <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Monday Chicken Nuggets w/ Dinner Roll <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Monday Beefy Nachos <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Monday February Fresh Pick is Leafy Greens. 	Monday Turkey & Cheese Sub <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
Tuesday All grains offered are Whole Grain Rich.	Tuesday Chicken Patty Sandwich <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Tuesday Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Tuesday Sausage Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Tuesday Crispy Chicken Salad w/Dinner Roll <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk
Wednesday Breakfast for Lunch Whole Grain Pancakes and Turkey Sausage Patties <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	Wednesday Cheeseburger <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	Wednesday Beefy Nachos <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	Wednesday Our menu is Trans Fat Free!	Wednesday Buffalo Chicken Salad w/ Dinner Roll <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
Thursday Early Release	Thursday Early Release	Thursday Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk	Thursday Early Release	Thursday Sun Butter & Jelly Sandwich w/String Cheese <u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk
Friday Orange Chicken w/ Brown Rice <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	Friday Chicken Patty Sandwich <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	Friday School lunch provides 1/3 of the average daily calorie needs for kids by age.	Friday Buffalo Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	Friday Italian Sub <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.

Nutritional information is available at the Food Service office.



All lunch meals also include our self-service fresh veggie bar and condiment table. Fresh and locally grown when available.



“This institution is an equal opportunity provider.”