




# VAIL ACADEMY MS&HS LUNCH MENU FEBRUARY 12-16, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Chicken nuggets w/Dinner Roll	<b>Monday</b> Spicy Chicken Patty	<b>Monday</b> School lunch provides 1/3 of the average daily calorie needs for kids by age.	<b>Monday</b> Pepperoni Pizza OR Cheese Pizza	<b>Monday</b> American Sub
<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk
<b>Tuesday</b> Spaghetti & Meatballs	<b>Tuesday</b> Spicy Chicken Patty Sandwich	<b>Tuesday</b> Beefy Nachos	<b>Tuesday</b> 	<b>Tuesday</b> Crispy Chicken Wrap
<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
<b>Wednesday</b> Happy Valentines' Day! 	<b>Wednesday</b> Chicken Patty Sandwich	<b>Wednesday</b> Beefy Nachos	<b>Wednesday</b> Pepperoni Pizza OR Cheese Pizza	<b>Wednesday</b> Chef Salad w/Dinner Roll
	<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>Thursday</b> Pancakes & Sausage Patties	<b>Thursday</b> **Grilled Chicken Pita w/Sesame Drizzle  **NEW ITEM	<b>Thursday</b> Whole Grain Bean & Cheese Burrito	<b>Thursday</b> Our menu is Trans Fat Free!	<b>Thursday</b> Turkey & Cheese 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
<b>Friday</b> Early Release	<b>Friday</b> Early Release	<b>Friday</b> Whole Grain Bean & Cheese Burrito	<b>Friday</b> Early Release	<b>Friday</b> Sun Butter & Jelly Sandwich W/ Cheese Stick
<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Sticks 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.”**