



VAIL ACADEMY MS&HS LUNCH MENU FEBRUARY 19 - 23, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	National Monday	Presidents' Monday	Day Monday	Monday
Cheese Enchiladas	Hot Dog	Whole Grain Bean & Cheese Burrito	Frozen Sherbet Cup w/hot lunch Feb 19!	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
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
All lunch meals also include our self-service fresh veggie bar and condiment table.	Chicken Patty Sandwich	Beefy Nachos	Sausage Pizza OR Cheese Pizza	Crispy Chicken Salad w/Dinner Roll
	<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
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Mac & Cheese w/Fish Sticks **Avocado Mac & Cheese **NEW ITEM	Our menu is Trans Fat Free!	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/Cheese Stick
<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
Thursday	Thursday	Thursday	Thursday	Thursday

**School Closed
Rodeo Vacation February 22nd & 23rd**



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.



January Fresh Pick is **Leafy Greens**

DYK FACT:
Green leafy veggies supply you with plenty of fiber!

Menu subject to change without notice.

“This institution is an equal opportunity provider.”