



# VAIL ACADEMY MS&HS MIDDLE SCHOOL LUNCH MENU JANUARY 15-19, 2018



| REVOLVE   | HONOR ROLL  | FIESTA  | UPPER CRUST   | FAST TAKES  |
|---|---|---|---|---|
| Monday  | Monday  | Monday  | Monday  | Monday  |
| <b>School Closed<br/>Martin Luther King Jr. Day</b>   |   |   |   |   |
| Tuesday   | Tuesday   | Tuesday   | Tuesday   | Tuesday   |
| Spaghetti & Meatballs   | Spicy Chicken Patty Sandwich  | Beefy Nachos  |   | Crispy Chicken Wrap   |
| <u>Veggie / Fruit / Milk</u><br>Cauliflower<br>Fruit<br>1% or Fat Free Milk                             | <u>Veggie / Fruit / Milk</u><br>Cauliflower<br>Fruit<br>1% or Fat Free Milk   | <u>Veggie / Fruit / Milk</u><br>Cauliflower<br>Fruit<br>1% or Fat Free Milk   |   | <u>Veggie / Fruit / Milk</u><br>Cauliflower<br>Fruit<br>1% or Fat Free Milk   |
| Wednesday   | Wednesday   | Wednesday   | Wednesday   | Wednesday   |
|   | Chicken Patty Sandwich  | Beefy Nachos  | Pepperoni Pizza<br>OR<br>Cheese Pizza   | Chef Salad w/Dinner Roll  |
|   | <u>Veggie / Fruit / Milk</u><br>Refried Beans<br>Fruit<br>1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u><br>Refried Beans<br>Fruit<br>1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u><br>Refried Beans<br>Fruit<br>1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u><br>Refried Beans<br>Fruit<br>1% or Fat Free Milk |
| Thursday  | Thursday  | Thursday  | Thursday  | Thursday  |
| Chicken Fried Steak<br>w/Dinner Roll  | Spicy Chicken Patty<br>Sandwich   | Whole Grain Bean & Cheese<br>Burrito  | <b>Our menu is<br/>Trans Fat Free!</b>  | Turkey & Cheese Sub   |
| <u>Veggie / Fruit / Milk</u><br>Carrot Coins<br>Mashed Potatoes w/Gravy<br>Fruit<br>1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u><br>Carrot Coins<br>Fruit<br>1% or Fat Free Milk  | <u>Veggie / Fruit / Milk</u><br>Carrot Coins<br>Fruit<br>1% or Fat Free Milk  | <u>Veggie / Fruit / Milk</u><br>Carrot Coins<br>Fruit<br>1% or Fat Free Milk  | <u>Veggie / Fruit / Milk</u><br>Carrot Coins<br>Fruit<br>1% or Fat Free Milk  |
| Friday  | Friday  | Friday  | Friday  | Friday  |
| <b>School lunch provides 1/3 of<br/>the average daily calorie<br/>needs for kids by age.</b>            | Spicy Chicken Patty<br>Sandwich   | Whole Grain Bean & Cheese<br>Burrito  | Pepperoni Pizza<br>OR<br>Cheese Pizza   | Sun Butter & Jelly Sandwich<br>W/ Cheese Stick                                |
| <u>Veggie / Fruit / Milk</u><br>Broccoli<br>Fruit<br>1% or Fat Free Milk                                | <u>Veggie / Fruit / Milk</u><br>Broccoli<br>Fruit<br>1% or Fat Free Milk      | <u>Veggie / Fruit / Milk</u><br>Broccoli<br>Fruit<br>1% or Fat Free Milk      | <u>Veggie / Fruit / Milk</u><br>Broccoli<br>Fruit<br>1% or Fat Free Milk      | <u>Veggie / Fruit / Milk</u><br>Broccoli<br>Fruit<br>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.”**