



VAIL ACADEMY MS&HS MIDDLE SCHOOL LUNCH MENU JANUARY 22 - 26, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Cheese Enchiladas	Monday Hot Dog	Monday Whole Grain Bean & Cheese Burrito	Monday School lunch provides 1/3 of the average daily calorie needs for kids by age.	Monday 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 All lunch meals also include our self-service fresh veggie bar and condiment table.	Tuesday Chicken Patty Sandwich	Tuesday Beefy Nachos	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday Sun Butter & Jelly Sandwich w/ Cheese Stick
	<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 Early Release	Wednesday Early Release	Wednesday Chicken Patty Sandwich	Wednesday Early Release	Wednesday Sun Butter & Jelly Sandwich w/ Cheese Stick
		<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk
Thursday Breakfast for Lunch	Thursday Quesadilla	Thursday DYK FACT: One cup of cabbage only holds about 15 calories.	Thursday Supreme Pizza OR Cheese Pizza	Thursday Club Sub
			<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk
Friday Our menu is Trans Fat Free!	Friday Cheeseburger	Friday Beefy Nachos	Friday Pepperoni Pizza OR Cheese Pizza	Friday Italian 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

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 Cabbage

DYK FACT:
Cabbage is available in many varieties: red or purple, green.

Menu subject to change without notice.

“This institution is an equal opportunity provider.”