



VAIL ACADEMY MS & HS MIDDLE SCHOOL LUNCH MENU JANUARY 8 – 12, 2018



| REVOLVE | HONOR ROLL | FIESTA | UPPER CRUST | FAST TAKES |
|--|---|---|--|---|
| Monday Chili Frito Pie w/ Dinner Roll | Monday Chicken Nuggets w/ Dinner Roll | Monday Beefy Nachos | Monday January Fresh Pick is Cabbage.  | Monday Turkey & Cheese Sub |
| <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 |
| Tuesday All grains offered are Whole Grain Rich. | Tuesday Chicken Patty Sandwich | Tuesday Whole Grain Bean & Cheese Burrito | Tuesday Sausage Pizza OR Cheese Pizza | Tuesday Crispy Chicken Salad w/Dinner Roll |
| | <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 |
| Wednesday Breakfast for Lunch | Wednesday Cheeseburger | Wednesday Beefy Nachos | 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 | <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 |
| Thursday January 11th is national milk day!  | Thursday BBQ Pulled Pork Sandwich | Thursday Whole Grain Bean & Cheese Burrito | Thursday Pepperoni Pizza OR Cheese Pizza | Thursday Turkey and Cheese Wrap |
| | <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 |
| Friday Orange Chicken w/ Brown Rice | Friday Chicken Patty Sandwich | Friday School lunch provides 1/3 of the average daily calorie needs for kids by age. | Friday Supreme Pizza OR Cheese Pizza | Friday Italian 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 | | <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk | <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.”