



# VAIL ACADEMY MS&HS LUNCH MENU MARCH 26 - 29, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Baked Chicken Nuggets w/Dinner Roll	<b>Monday</b> Cheeseburger	<b>Monday</b> <b>School lunch provides 1/3 of the average daily calorie needs for kids by age.</b>	<b>Monday</b> Pepperoni Pizza Or Cheese Pizza	<b>Monday</b> American Sub
<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk
<b>Tuesday</b> Rotini w/Meatballs & Marinara	<b>Tuesday</b> Spicy Chicken Sandwich	<b>Tuesday</b> Beefy Nachos	<b>Tuesday</b>  Choose MyPlate.gov	<b>Tuesday</b> Crispy Chicken 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
<b>Wednesday</b> 	<b>Wednesday</b> Riblet Sandwich	<b>Wednesday</b> Whole Grain Bean & Cheese Burrito	<b>Wednesday</b> Pepperoni Pizza OR Cheese Pizza	<b>Wednesday</b> 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
<b>Thursday</b> <b>Cookie Day!!</b> 	<b>Thursday</b> Spicy Chicken Sandwich	<b>Thursday</b> Beefy Nachos	<b>Thursday</b> Pepperoni Pizza OR Cheese Pizza	<b>Thursday</b> Turkey & Cheese Sub
	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk
<b>Friday</b> Good Friday School Closed	<b>Friday</b> <b>MARCH 20<sup>TH</sup> SPRING BEGINS!</b>	<b>Friday</b> 	<b>Friday</b> <b>Our menu is Trans Fat Free!</b>	<b>Friday</b> 

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.”**