



VAIL ACADEMY MS&HS LUNCH MENU MAY 14 - 18, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Cheese Enchiladas w/Spanish Rice	Monday Spicy Chicken Patty Sandwich		Monday Pepperoni Pizza OR Cheese Pizza	Monday Sun Butter & Jelly Sandwich w/String Cheese
Refried Beans Fruit 1% or Fat Free Milk	Refried Beans Fruit 1% or Fat Free Milk		Refried Beans Fruit 1% or Fat Free Milk	Refried Beans Fruit 1% or Fat Free Milk
	Tuesday Chicken Patty Sandwich	Tuesday Beefy Nachos	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday Buffalo Chicken Wrap
	<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 Meatball Sub	Wednesday Beefy Nachos	Wednesday Pepperoni Pizza OR Cheese Pizza	Wednesday Chef 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
Thursday Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties	Thursday Chicken Patty Sandwich	Thursday Taco w/Spanish Rice	Our menu is Trans Fat Free	Thursday Turkey & Cheese Sub
	<u>Veggie / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk
School lunch provides 1/3 of the average daily calorie needs for kids by age.	Friday Cheeseburger	Friday Whole Grain Bean & Cheese Burrito	Friday Pepperoni Pizza OR Cheese Pizza	Friday Sun Butter & Jelly Sandwich W/ Cheese Stick
	<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.

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.”