



# VAIL ACADEMY MS&HS LUNCH MENU May 21 – 25 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Chicken nuggets w/Dinner Roll <u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<b>Monday</b> Cheeseburger <u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<b>Our menu is Trans Fat Free!</b>	<b>Monday</b> Pepperoni Pizza Or Cheese Pizza <u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<b>Monday</b> Crispy Chicken Wrap <u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk
<b>Early Release Day!</b>	<b>Tuesday</b> Chicken Patty Sandwich OR Spicy Chicken Sandwich <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk		<b>Early Release Day!</b>	
	<b>Wednesday</b> Whole Grain Chicken Corn Dog <u>Veggie / Fruit / Milk</u> Celery Sticks Fruit 1% or Fat Free Milk			
<b>Early Release Day!</b>	<b>School lunch provides 1/3 of the average daily calorie needs for kids by age.</b>		<b>Thursday</b> Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk	<b>Thursday</b> Sun Butter & Jelly Sandwich w/String Cheese <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
<b>Early Release Day!</b>				<b>Early Release Day!</b>



**Have a Safe and Fun Summer Break!!**



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.”**