



VAIL ACADEMY MS&HS LUNCH MENU MAY 7 – 11 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Cheese Enchiladas w/ Spanish Rice	Monday Riblet Sandwich	Monday Beefy Nachos	May 7 – 11 is National Teacher Appreciation Week!!	Monday Sun Butter & Jelly Sandwich w/String Cheese
<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
All grains offered are Whole Grain Rich.	Tuesday Chicken & Waffles	Tuesday Whole Grain Bean & Cheese Burrito	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday Crispy Chicken Salad w/Dinner Roll
	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
	Wednesday Spicy Chicken Sandwich	Wednesday Beefy Nachos	Wednesday Pepperoni Stromboli OR Cheese Pizza	Wednesday Chicken Caesar 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 Grilled Cheese & Tomato Soup	Thursday Cheeseburger	Our menu is Trans Fat Free!	Thursday Pepperoni Pizza OR Cheese Pizza	Thursday Turkey and Cheese Wrap
<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
School lunch provides 1/3 of the average daily calorie needs for kids by age. 	Friday Spicy Chicken Patty Sandwich	Friday Whole Grain Bean & Cheese Burrito	Friday Supreme 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.

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.”