



VAIL SCHOOL DISTRICT
VAIL ACADEMY MS&HS
LUNCH MENU
MARCH 5-9 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday All grains offered are Whole Grain Rich.	Monday Chicken Patty Sandwich OR Hot & Spicy Chicken Sandwich	Monday Beefy Nachos	Monday Cheese Pizza OR Pepperoni Pizza	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	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
Tuesday Chicken Nuggets w/ Dinner Roll	Tuesday 	Tuesday Whole Grain Bean & Cheese Burrito	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday Crispy Chicken Salad w/Dinner Roll
<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	<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
Wednesday Breakfast for Lunch Whole Wheat Pancakes & Turkey Sausage Patties	Wednesday Cheeseburger	Wednesday Beefy Nachos	Our menu is Trans Fat Free!	Wednesday Buffalo Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Vegetarian Baked Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Vegetarian Baked Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Vegetarian Baked Beans Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Vegetarian Baked Beans Fruit 1% or Fat Free Milk
Nutritional information is available at the Food Service office.	Thursday Chicken Patty Sandwich OR Hot & Spicy Chicken Sandwich	Thursday **Chicken Ranch Wrap **New Item	Thursday Cheese Pizza OR Pepperoni Pizza	Thursday Turkey & 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 Baked Chicken w/ Dinner Roll	Friday Fish Patty Sandwich (with or without Cheese)	Friday Whole Grain Bean & Cheese Burrito	School lunch provides 1/3 of the average daily calorie needs for kids by age.	Spring Break March 10th - 25th
<u>Veggie / Fruit / Milk</u> Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Seasoned Baked Sweet Potatoes 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.

Fresh and locally grown when available.



“This institution is an equal opportunity provider.”