



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU AUGUST 27- 31 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Chicken Philly Hot Sub	Chicken Patty Sandwich	Whole Grain Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	Turkey & Cheese Sub OR Buffalo Chicken Salad w/ Dinner Roll
<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	Tuesday	Tuesday	Tuesday	Tuesday
Spaghetti w/Marinara sauce & Stuffed Breadstick	BBQ Riblet Sandwich	Beefy Nachos	Sausage Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/ Cheese Stick OR Crispy Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Mashed Potatoes/ Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mashed Potatoes W/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mashed Potatoes W/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mashed Potatoes W/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Mashed Potatoes W/Gravy Fruit 1% or Fat Free Milk
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Early Release	Early Release	Whole Grain Corn Dog	Early Release	Sun Butter & Jelly Sandwich w/ Cheese Stick
<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
Italian Meatball Sub	BBQ Riblet Sandwich	Beefy Nachos	Supreme Pizza OR Cheese Pizza	Club Sub OR Buffalo Chicken 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	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
Friday	Friday	Friday	Friday	Friday
Chicken Broccoli Stir Fry w/Brown Rice	Shredded BBQ Pork Sandwich	Whole Grain Bean & Cheese Burrito	Buffalo Chicken Pizza OR Cheese Pizza	Italian Sub OR BLT Salad w/ Dinner Roll
<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	<u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk

DYK FACT: HONEY IS THE ONLY NATURAL FOOD THAT NEVER SPOILS!

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.

Nutritional information is available at the Food Service office.

“This institution is an equal opportunity provider”