



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU FEBRUARY 11 – 15, 2019



sodexo
QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Fiesta Chili Frito Pie w/Dinner Roll	Bacon Cheeseburger	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	Turkey & Cheese Sub OR Buffalo Chicken 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
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Chicken Alfredo Pasta w/ Bread Stick	Chicken Sandwich	Soft Beef Taco w/Spanish Rice	Sausage Pizza OR Cheese Pizza	Turkey Ham & Cheese Sub OR Crispy 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
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Chicken Fajita w/Spanish Rice	Bacon Cheeseburger	Whole Grain Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	American Sub OR Chef Salad w/Dinner roll
<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk
Thursday	Happy Thursday	Valentine's Thursday	Day! Thursday	Thursday
Philly Cheese Steak Sub Frozen Sherbet	Chicken Sandwich Cup w/	Beefy Nachos Hot Lunch	Sausage Stromboli OR Cheese Pizza	Bacon Club Sub OR Buffalo Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Sweet Potato Fries Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Sweet Potato Fries Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Sweet Potato Fries Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Sweet Potato Fries Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Sweet Potato Fries Fruit 1% or Fat Free Milk
Friday	Friday	Friday	Friday	Friday
Early Release	Early Release	Whole Grain Corn Dog	Early Release	Sun Butter & Jelly Sandwich w/String Cheese
<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

Students MUST select 3 out of the 5 meal components.

One of the 3 components selected MUST be a fruit or

Nutritional information is available at the Food Service office.

Menu subject to change

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.

Our menu is Trans Fat Free!



“This institution is an equal opportunity provider.”