



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU FEBRUARY 25- MARCH 1, 2019



sodexo
QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Whole Grain Corn Dog	Chicken Patty Sandwich	Whole Grain Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	Turkey & Cheese Sub OR Crispy Chicken Ranch Wrap
<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
Chicken Fried Steak w/ Dinner Roll	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 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	<u>Veggie / Fruit / Milk</u> Mashed Potatoes W/Gravy Fruit 1% or Fat Free Milk
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Beefy Mac	Shredded BBQ Pork Sandwich	Cheese Enchiladas	Pepperoni Pizza OR Cheese Pizza	American Sub OR Chef Salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Crazy Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Crazy Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Crazy Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Crazy Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Crazy Carrot Coins 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
Teriyaki 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

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”