



VAIL SCHOOL DISTRICT
MIDDLE SCHOOL LUNCH MENU
JANUARY 28 – FEBRUARY 1, 2019



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
BBQ Pulled Pork Sandwich	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/String Cheese OR Crispy Chicken Salad w/Dinner Roll
<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	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Early Release	Early Release	Whole Grain Bean & Cheese Burrito	Early Release	American Sub
<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
Teriyaki Chicken Broccoli Stir Fry w/Brown Rice	Shredded BBQ Pork Sandwich	Beefy Nachos	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

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!

Nutritional information is available at the Food Service office.



“This institution is an equal opportunity provider.”