



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU JANUARY 7 – 11, 2019



sodexo
QUALITY OF LIFE SERVICES

| REVOLVE | HONOR ROLL | FIESTA | UPPER CRUST | FAST TAKES |
|--|--|--|--|--|
| Monday | Monday | Monday | Monday | Monday |
| Baked Chicken Tenders w/ Dinner Roll | Spicy Chicken Sandwich | Beefy Nachos | Pepperoni Pizza OR Cheese Pizza | American Sub OR Chef Salad w/Dinner Roll |
| <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk |
| Tuesday | Tuesday | Tuesday | Tuesday | Tuesday |
| Rotini & Meat Sauce | Cheeseburger | Beefy Nachos | Sausage Pizza OR Cheese Pizza | Crispy Chicken Wrap 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 |
| Wednesday | Wednesday | Wednesday | Wednesday | Wednesday |
| Cheese Enchiladas w/Spanish Rice | Spicy Chicken Sandwich | Whole Grain Bean & Cheese Burrito | Pepperoni Stromboli OR Cheese Pizza | Turkey & Cheese Sub OR Chicken Caesar Salad w/Dinner Roll |
| <u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk |
| Thursday | Thursday | Thursday | Thursday | Thursday |
| Chicken Nuggets & Waffles | Cheeseburger | Soft Beef Taco w/Spanish Rice | Pepperoni Pizza OR Cheese Pizza | Italian 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 |
| Friday | National Friday | Milk Friday | Day! Friday | Friday |
| Country Fried Steak w/Dinner Roll | Spicy Chicken Sandwich | Beefy Nachos | Supreme Pizza OR Cheese Pizza | Buffalo Chicken Wrap OR Chef 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 |

Students MUST select 3 out of the 5 meal components. One of the 3 components selected MUST be a fruit or vegetable.

Our Menu is Trans Fat Free!

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.

“This institution is an equal opportunity provider.”