



VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU NOVEMBER 26 – 30, 2018



sodexo
QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Baked Chicken Nuggets w/ Dinner Roll	Spicy Chicken Sandwich	Whole Grain Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	American Sub OR Chef Salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Seasoned Baked Sweet Potatoes 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	Beefy Nachos	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	Friday	Friday	Friday	Friday
Chicken Fried Steak w/Dinner Roll	Spicy Chicken Sandwich	Whole Grain Bean & Cheese Burrito	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.



“This institution is an equal opportunity provider.”

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.