



VAIL SCHOOL DISTRICT
MIDDLE SCHOOL LUNCH
MENU
OCTOBER 29 – NOVEMBER 2,
2018



sodexo
QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Baked Chicken Nuggets w/ Dinner Roll	Monday Spicy Chicken Sandwich	Monday Whole Grain Bean & Cheese Burrito	Monday Pepperoni Pizza OR Cheese Pizza	Monday American Sub 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
Tuesday Rotini & Meat Sauce	Tuesday Cheeseburger	Tuesday Cheese Enchiladas w/Spanish Rice	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday 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 Grilled Chicken Pita w/Sesame Drizzle	Wednesday Spicy Chicken Sandwich	Wednesday Beefy Nachos	Wednesday Pepperoni Pizza OR Cheese Pizza	Wednesday Turkey & Cheese Sub OR Chicken Caesar 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
Thursday Chicken Nuggets & Waffles	Thursday Cheeseburger	Thursday Soft Beef Taco w/Spanish Rice	Thursday Pepperoni Pizza OR Cheese Pizza	Thursday 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 Chicken Fried Steak w/Dinner Roll	Friday Spicy Chicken Sandwich	Friday Beefy Nachos	Friday Supreme Pizza OR Cheese Pizza	Friday Buffalo Chicken Wrap OR Chef Salad W/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn 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!

All lunch meals also include our self-service fresh veggie bar and condiment table.

Menu subject to change without notice.



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.”