



VAIL SCHOOL DISTRICT  
VAIL ACADEMY MS& HS  
MIDDLE SCHOOL LUNCH MENU  
DECEMBER 10 - 14, 2018



sodexo  
QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>
Grilled Cheese w/Tomato Soup	Spicy Chicken Patty		Pepperoni Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/String Cheese OR Chef Salad w/Dinner Roll
<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk
<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
Spaghetti & Meatballs	Chicken Nuggets w/Dinner Roll	<p>Our menu is Trans Fat Free!</p>	Sausage Pizza OR Cheese Pizza	Buffalo Chicken Wrap OR Buffalo Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
Cheese Enchiladas	Chicken Patty Sandwich	Beefy Nachos		Turkey & Cheese Sub OR Chicken Caesar 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	<p>Fresh Pick for December is Broccoli.</p>	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
Chicken Nuggets & Waffles	Cheeseburger		Pepperoni Pizza OR Cheese Pizza	Italian 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
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
Sesame Ginger Chicken w/Pasta		Whole Grain Bean & Cheese Burrito	Supreme Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/ String Cheese OR Crispy 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

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.

Nutritional information is available at the Food Service office.

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."