



VAIL ACADEMY MS&HS LUNCH MENU DECEMBER 17 – 21 2018



sodexo
QUALITY OF LIFE SERVICES

REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Cheese Enchiladas	Hot Dog	Beefy Nachos	School lunch provides 1/3 of the average daily calorie needs for kids by age. 	Turkey & Cheese Sub
<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
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
All lunch meals also include our self- service fresh veggie bar and condiment table.	Chicken Patty Sandwich	Whole Grain Bean & Cheese Burrito	Sausage Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/ Cheese Stick
	<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
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Early Release	Early Release		Pepperoni Pizza OR Cheese Pizza	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
Thursday	Thursday	Thursday	Thursday	Thursday
Our menu is Trans Fat Free!	Whole Grain Chicken Corn Dog	Early Release	Early Release	American Sub
	<u>Veggie / Fruit / Milk</u> Celery Sticks Fruit 1% or Fat Free Milk			<u>Veggie / Fruit / Milk</u> Celery Sticks Fruit 1% or Fat Free Milk
Friday	Friday	Friday	Friday	Friday
Nutritional information is available at the Food Service Office.	Early Release	Whole Grain Bean & Cheese Burrito	Early Release	Sun Butter & Jelly Sandwich w/ Cheese Stick
		<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

School Closed – Winter Break December 24 - 28

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.



“This institution is an equal opportunity provider”