



VAIL SCHOOL DISTRICT VAIL ACADEMY MS&HS LUNCH MENU DECEMBER 3 – 7 2018



sodexo
QUALITY OF LIFE SERVICES

| REVOLVE | HONOR ROLL | FIESTA | UPPER CRUST | FAST TAKES |
|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| Monday | Monday | Monday | Monday | Monday |
| Chili Frito Pie w/Dinner Roll | Chicken Nuggets w/Dinner Roll | <p>Fresh Pick for December is Broccoli.</p> | Pepperoni Pizza OR Cheese Pizza | Italian Sub |
| <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 | Tuesday | Tuesday | Tuesday | Tuesday |
| National Cookie Day! | Chicken Patty Sandwich | Beefy Nachos | Sausage Pizza OR Cheese Pizza | Crispy Chicken 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 |
| Wednesday | Wednesday | Wednesday | Wednesday | Wednesday |
| Brunch for Lunch Whole Grain Pancakes and Turkey Sausage Patties | Cheeseburger | School lunch provides 1/3 of the average daily calorie needs for kids by age. | Pepperoni Pizza OR Cheese Pizza | Buffalo Chicken Salad w/Dinner Roll |
| <u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk |
| Thursday | Thursday | Thursday | Thursday | Thursday |
| Cheese Enchiladas | BBQ Pulled Pork Sandwich | Beefy Nachos | | Turkey & Cheese Wrap |
| <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 |
| | Friday | Friday | Friday | Friday |
| Orange Chicken w/Brown Rice | Turkey Hot Dog | Whole Grain Bean & Cheese Burrito | | Sun Butter & Jelly Sandwich w/String Cheese |
| <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.

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 breadings used on food items.
Our menu is Trans Fat Free!

“This institution is an equal opportunity provider.”