



# VAIL SCHOOL DISTRICT MIDDLE SCHOOL LUNCH MENU FEBRUARY 12 – 16, 2018



| REVOLVE  | HONOR ROLL  | FIESTA  | UPPER CRUST   | FAST TAKES  |
|--|---|---|---|---|
| <b>Monday</b><br>Chicken Nuggets w/Dinner Roll   | <b>Monday</b><br>Chili Dog  | <b>Monday</b><br>Beefy Nachos   | <b>Monday</b><br>Pepperoni Pizza<br>OR<br>Cheese Pizza                        | <b>Monday</b><br>American Sub<br>OR<br>Chef Salad w/Dinner Roll                         |
| <u>Veggie / Fruit / Milk</u><br>Oven Potatoes<br>Fruit<br>1% or Fat Free Milk          | <u>Veggie / Fruit / Milk</u><br>Oven Potatoes<br>Fruit<br>1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u><br>Oven Potatoes<br>Fruit<br>1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u><br>Oven Potatoes<br>Fruit<br>1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u><br>Oven Potatoes<br>Fruit<br>1% or Fat Free Milk           |
| <b>Tuesday</b><br>Spaghetti & Meatballs  | <b>Tuesday</b><br>Spicy Chicken Sandwich                                      | <b>Tuesday</b><br>Soft Taco   | <b>Tuesday</b><br>Sausage Pizza<br>OR<br>Cheese Pizza                         | <b>Tuesday</b><br>Crispy Chicken Wrap<br>OR<br>Buffalo Chicken Salad w/<br>Dinner Roll  |
| <u>Veggie / Fruit / Milk</u><br>Cauliflower<br>Fruit<br>1% or Fat Free Milk            | <u>Veggie / Fruit / Milk</u><br>Cauliflower<br>Fruit<br>1% or Fat Free Milk   | <u>Veggie / Fruit / Milk</u><br>Cauliflower<br>Fruit<br>1% or Fat Free Milk   | <u>Veggie / Fruit / Milk</u><br>Cauliflower<br>Fruit<br>1% or Fat Free Milk   | <u>Veggie / Fruit / Milk</u><br>Cauliflower<br>Fruit<br>1% or Fat Free Milk             |
| <b>Wednesday</b><br>Cheese Enchilada   | <b>HAPPY Wednesday</b><br>Chili Dog   | <b>VALENTINES Wednesday</b><br>Whole Grain Bean & Cheese Burrito              | <b>DAY!! Wednesday</b><br>Pepperoni Stromboli<br>OR<br>Cheese Pizza           | <b>Wednesday</b><br>Turkey & Cheese Sub<br>OR<br>Chicken Caesar salad<br>w/ Dinner roll |
| <u>Veggie / Fruit / Milk</u><br>Mexican Beans<br>Fruit<br>1% or Fat Free Milk          | <u>Veggie / Fruit / Milk</u><br>Mexican Beans<br>Fruit<br>1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u><br>Mexican Beans<br>Fruit<br>1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u><br>Mexican Beans<br>Fruit<br>1% or Fat Free Milk | <u>Veggie / Fruit / Milk</u><br>Mexican Beans<br>Fruit<br>1% or Fat Free Milk           |
| <b>Thursday</b><br>**Grilled Chicken Pita<br>w/Sesame Drizzle<br><br><b>**NEW ITEM</b> | <b>Thursday</b><br>Spicy Chicken Sandwich                                     | <b>Thursday</b><br>Beefy Nachos   | <b>Thursday</b><br>Pepperoni Pizza<br>OR<br>Cheese Pizza                      | <b>Thursday</b><br>Italian Sub<br>OR<br>Crispy Chicken salad<br>w/Dinner Roll           |
| <u>Veggie / Fruit / Milk</u><br>Broccoli<br>Fruit<br>1% or Fat Free Milk               | <u>Veggie / Fruit / Milk</u><br>Broccoli<br>Fruit<br>1% or Fat Free Milk      | <u>Veggie / Fruit / Milk</u><br>Broccoli<br>Fruit<br>1% or Fat Free Milk      | <u>Veggie / Fruit / Milk</u><br>Broccoli<br>Fruit<br>1% or Fat Free Milk      | <u>Veggie / Fruit / Milk</u><br>Broccoli<br>Fruit<br>1% or Fat Free Milk                |
| <b>Friday</b><br><br><b>Early Release</b>  | <b>Friday</b><br><br><b>Early Release</b>                                     | <b>Friday</b><br>Whole Grain Bean & Cheese Burrito                            | <b>Friday</b><br><br><b>Early Release</b>                                     | <b>Friday</b><br>Sun Butter & Jelly Sandwich<br>w/String Cheese                         |
|  |   | <u>Veggie / Fruit / Milk</u><br>Carrot Sticks<br>Fruit<br>1% or Fat Free Milk |   | <u>Veggie / Fruit / Milk</u><br>Carrot Sticks<br>Fruit<br>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.

School lunch provides 1/3 of the average daily calorie needs for kids by age.  
All lunch meals also include our self-service fresh veggie bar and condiment table.

Menu subject to change without notice.

Our Menu is Trans Fat Free!

“This institution is an equal opportunity provider.”