

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

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4

5

8

9

10

11

12

15

- Oven Roasted Chicken Drumstick & Dinner Roll
- Grilled Turkey & Cheese Sandwich
- Chicken Ham & Cheese Sub
- Spicy Southwest Chicken Salad Bowl & Soft Baked Pretzel
- Mashed Potatoes
- Fresh Broccoli
- Cucumber & Tomato Salad
- Seasonal Fruit
- Mixed Fruit
- pb& J Sandwich
- SB&J Sandwich

16

- Italian Meat Sauce & Rotini & Breadstick
- Veggie Cheeseburger
- Turkey Wrap
- Chicken Caesar Salad & Cheddar Goldfish Crackers
- Green Beans with Margarine
- Red Peppers Fresh
- Coleslaw
- Fresh Banana
- Diced Peaches
- Cheese Sandwich
- PB&J Sandwich
- SB&J Sandwich

17

- Baked Potato & Broccoli Cheese & Soft Baked Pretzel
- Chicken Nugget & Breadstick
- Egg Salad Sandwich
- All-American Cobb Salad
- Flatbread
- Oven Roasted Carrots
- Fresh Zucchini
- Potato Salad
- Apple Juice
- Diced Pears
- Cheese Sandwich
- PB&J Sandwich
- SB&J Sandwich

18

- Spicy Sausage & Red Beans & Sante Fe Rice
- Cheeseburger
- Chicken Salad Sandwich & Dinner Roll
- Vegetarian Baked Beans
- Celery Sticks
- Garden Salad
- Fresh Orange Wedges
- Applesauce
- Cheese Sandwich
- PB&J Sandwich
- SB&J Sandwich

19

- Cheese Pizza
- Pepperoni Pizza
- Buffalo Chicken Sandwich
- Egg Salad Sandwich
- Beef Taco Salad
- Tortilla Chips
- Steamed Spinach
- Baby Carrots
- Garden Salad
- Fresh Fruit Salad
- Apricot Halves
- Cheese Sandwich
- PB&J Sandwich
- SB&J Sandwich

22

- Meatloaf & Beef Gravy & Dinner Roll
- Popcorn Chicken & Breadstick
- Turkey Sandwich
- French Fries
- Fresh Tomato Wedges
- Garden Salad
- Seasonal Fruit
- Mixed Fruit
- Cheese Sandwich
- PB&J Sandwich
- SB&J Sandwich

23

- Country Chicken Nugget Bowl & Breadstick
- Veggie Cheeseburger
- Egg Salad Sandwich
- Roasted Cauliflower
- Fresh Cucumber Slices
- Garden Salad
- Fresh Banana
- Diced Peaches
- Cheese Sandwich
- PB&J Sandwich
- SB&J Sandwich

24

- Cheesy Baked Penne
- Popcorn Chicken & Breadstick
- Buffalo Chicken Wrap
- All-American Cobb Salad & Flatbread
- Roasted Acorn Squash
- Celery Sticks
- Garden Salad
- Fresh Apple Wedges
- Diced Pears
- Cheese Sandwich
- PB&J Sandwich
- SB&J Sandwich

25

- Spicy Chicken Enchilada & Breadstick
- Hot Dog
- Three Cheese Wrap
- Ranch Chicken Salad & Soft Baked Pretzel
- Chipotle Campfire Beans
- Baby Carrots
- Garden Salad
- Fresh Orange Wedges
- Applesauce
- Cheese Sandwich
- PB&J Sandwich
- SB&J Sandwich

26

- Cheese Pizza
- Pepperoni Pizza
- Breaded Fish Melt
- Chicken Ham & Cheese Sub
- Vegetable Greek Salad & Pretzel Roll
- Fresh Broccoli
- Red Peppers Fresh
- Garden Salad
- Fresh Fruit Salad
- Apricots
- Cheese Sandwich
- PB&J Sandwich
- SB&J Sandwich

29

- Breaded Mozzarella Sticks & Marinara Sauce
- Chicken Cheese Burger
- Sante Fe Turkey Wrap
- Ranch Chicken Salad & Soft Baked Pretzel
- Corn with Margarine
- Fresh Broccoli
- Garden Salad
- seasonal fruit
- Mixed Fruit
- cheese sandwich
- PB&J Sandwich
- SB&J Sandwich

30

- Cajun Stew & Dinner Roll
- Grilled Three Cheese Sandwich
- Ham & Cheddar Sandwich
- Cheese and Bean Nacho Salad & Tortilla Chips
- Green Beans with Margarine
- Red Peppers Fresh
- Garden Salad
- Fresh Banana
- Diced Peaches
- Cheese Sandwich
- PB&J Sandwich
- SB&J Sandwich

31

- Orange Popcorn Chicken w/ Broccoli & Brown Rice
- Chicken Nugget & Breadstick
- Tuna Salad Sandwich
- Three-cheese salad & Soft Baked Pretzel
- Sweet Potato Tater Bites
- Fresh Zucchini
- Garden Salad
- Fresh Apple Wedges
- Diced Pears
- Cheese Sandwich
- PB&J Sandwich
- SB&J Sandwich

Middle School Daily Entrees: Hamburger, Chicken Patty Sandwich, Veggie Burger, Golden Crispy Chicken Tenders, Grilled Three Cheese Sandwich, Hot Dog

Daily Milk Options: 1% Milk, Skim Milk, Chocolate Skim Milk

More Details: vailschooldistrict.nutrislice.com/menu/old-vail-middle/lunch/

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