



# ESMOND STATION MIDDLE SCHOOL LUNCH MENU AUGUST 13 – 17 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>
Chili Frito Pie w/ Dinner Roll	Chicken Nuggets w/ Dinner Roll	Beefy Nachos	School lunch provides 1/3 of the average daily calorie needs for kids by age.	Italian Sub
<u>Veggie / Fruit / Milk</u> <b>**Seasoned Baked Sweet Potatoes</b> Fruit 1% or Fat Free Milk <b>**New Item</b>	<u>Veggie / Fruit / Milk</u> <b>**Seasoned Baked Sweet Potatoes</b> Fruit 1% or Fat Free Milk <b>**New Item</b>	<u>Veggie / Fruit / Milk</u> <b>**Seasoned Baked Sweet Potatoes</b> Fruit 1% or Fat Free Milk <b>**New Item</b>		<u>Veggie / Fruit / Milk</u> <b>**Seasoned Baked Sweet Potatoes</b> Fruit 1% or Fat Free Milk <b>**New Item</b>
<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
<b>All grains offered are Whole Grain Rich.</b>	Chicken Patty Sandwich	Cheese Enchiladas	Sausage Pizza OR Cheese Pizza	Crispy 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
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
<b>Early Release</b>		Whole Grain Bean & Cheese Burrito	<b>Early Release</b>	Sun Butter & Jelly Sandwich w/String Cheese
		<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
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
<b>All lunch meals also include our self-service fresh veggie bar and condiment table.</b>	BBQ Pulled Pork Sandwich	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	Turkey and 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
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
Orange Chicken w/ Brown Rice	Turkey Hot Dog	<b>Our Menu is Trans Fat Free!</b>	Supreme Pizza OR Cheese Pizza	American Sub
<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	<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.**



**“This institution is an equal opportunity provider.”**