



ESMOND STATION MIDDLE SCHOOL LUNCH MENU AUGUST 20 - 24 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Grilled Cheese & Tomato Soup Veggie / Fruit / Milk Oven Baked Potatoes Fruit 1% or Fat Free Milk	Monday DYK FACT: 11% OF PEOPLE ARE LEFT HANDED. AUGUST 13TH IS INTERNATIONAL LEFT HANDERS DAY!	Monday Beefy Nachos Veggie / Fruit / Milk Oven Baked Potatoes Fruit 1% or Fat Free Milk	Monday Pepperoni Pizza OR Cheese Pizza Veggie / Fruit / Milk Oven Baked Potatoes Fruit 1% or Fat Free Milk	Monday Sun Butter & Jelly Sandwich w/String Cheese Veggie / Fruit / Milk Oven Baked Potatoes Fruit 1% or Fat Free Milk
Tuesday Spaghetti & Meatballs Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk	Tuesday Chicken Nuggets w/ Dinner Roll Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk	Tuesday 	Tuesday Sausage Pizza OR Cheese Pizza Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk	Tuesday Buffalo Chicken Wrap Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk
Wednesday Our menu is Trans Fat Free!	Wednesday Chicken Patty Sandwich Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk	Wednesday Beefy Nachos Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk	Wednesday Pepperoni Stromboli OR Cheese Pizza Veggie / Fruit / Milk Mexican Beans Fruit 1% or Fat Free Milk	Wednesday Chicken Caesar Salad w/Dinner Roll Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk
Thursday Chicken Nuggets & Waffles Veggie / Fruit / Milk Carrots Coins Fruit 1% or Fat Free Milk	Thursday Spicy Chicken Sandwich Veggie / Fruit / Milk Carrots Coins Fruit 1% or Fat Free Milk	Thursday Grilled Chicken Pita w/Sesame Drizzle** **New Item Veggie / Fruit / Milk Carrots Coins Fruit 1% or Fat Free Milk	Thursday All lunch meals also include our self- service fresh veggie bar and condiment table.	Thursday Chef Salad w/ Dinner Roll Veggie / Fruit / Milk Carrots Coins Fruit 1% or Fat Free Milk
Friday DYK FACT: AN AVERAGE AMERICAN EATS THREE BURGERS A WEEK!	Friday FEATURED INTERNATIONAL BURGER NINJA BURGER Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Friday Whole Grain Bean & Cheese Burrito Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Friday Supreme Pizza OR Cheese Pizza Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Friday Buffalo Chicken Wrap Veggie / Fruit / Milk Broccoli 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.”