



ESMOND STATION MIDDLE SCHOOL LUNCH MENU AUGUST 27 - 31, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Cheese Enchiladas	Hot Dog	Beefy Nachos	School lunch provides 1/3 of the average daily calorie needs for kids by age. 	Turkey & Cheese Sub
<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
All lunch meals also include our self- service fresh veggie bar and condiment table.	Chicken Patty Sandwich	Whole Grain Bean & Cheese Burrito	Sausage Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/ Cheese Stick
	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Early Release	Whole Grain Corn Dog		Early Release	American Sub
	<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk			<u>Veggie / Fruit / Milk</u> Carrot Sticks Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
Breakfast for Lunch Whole Grain Pancakes and Turkey Sausage Patties	Our menu is Trans Fat Free!	Cheese Quesadilla	Supreme Pizza OR Cheese Pizza	Buffalo Chicken Salad w/Dinner Roll
<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
Friday	Friday	Friday	Friday	Friday
	Cheeseburger	Whole Grain Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	Italian Sub
	<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

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.

“This institution is an equal opportunity provider”