



# ESMOND STATION MIDDLE SCHOOL LUNCH MENU JULY 30 – AUGUST 3, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<u>Monday</u>	<u>Monday</u>	<u>Monday</u>	<u>Monday</u>	<u>Monday</u>
<b>School Closed</b> <b>DYK – AUGUST IS: NATIONAL FAMILY FUN MONTH! NATIONAL CHILDREN’S VISION &amp; LEARNING MONTH!</b>				
<u>Tuesday</u>	<u>Tuesday</u>	<u>Tuesday</u>	<u>Tuesday</u>	<u>Tuesday</u>
	Chicken Patty Sandwich	Beefy Nachos	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
<u>Wednesday</u>	<u>Wednesday</u>	<u>Wednesday</u>	<u>Wednesday</u>	<u>Wednesday</u>
Mac & Cheese w/ Fish Sticks	Meatball Sub	Whole Grain Bean & Cheese Burrito	<b>Our menu is Trans Fat Free!</b>	Buffalo Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk
<u>Thursday</u>	<u>Thursday</u>	<u>Thursday</u>	<u>Thursday</u>	<u>Thursday</u>
Breakfast for Lunch Whole Grain Pancakes & Turkey Sausage Patties	<b>Chicken Ranch Wrap**</b>  <b>**New Item</b>	School lunch provides 1/3 of the average daily calorie needs for kids by age.  	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>Friday</u>	<u>Friday</u>	<u>Friday</u>	<u>Friday</u>	<u>Friday</u>
<b>DYK FACT TODAY IS : NATIONAL WATERMELON DAY</b>  	<b>FEATURE INTERNATIONAL BURGER TRATTORIA BURGER</b>	Beefy Nachos	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.**

All grains offered are Whole Grain Rich. Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.

All lunch meals also include our self-service fresh veggie bar and condiment table.

**Menu subject to change without notice.**

Nutritional information is available at the Food Service office.

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