



ESMOND STATION MIDDLE SCHOOL LUNCH MENU OCTOBER 15 - 19 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Grilled Cheese & Tomato Soup	Spicy Chicken Sandwich	Beefy Nachos	October 15th – 19th is National School Lunch Week!	Sun Butter & Jelly Sandwich w/String Cheese
<u>Veggie / Fruit / Milk</u> Oven Baked Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Baked Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Baked Potatoes Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Oven Baked Potatoes Fruit 1% or Fat Free Milk
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Spaghetti & Meatballs	Chicken Nuggets w/ Dinner Roll		Sausage Pizza OR Cheese Pizza	Buffalo Chicken Wrap
<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Our menu is Trans Fat Free!	Spicy Chicken Sandwich	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	Chicken Caesar Salad w/Dinner Roll
	<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> Mexican Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
Chicken Nuggets & Waffles	Chicken Patty Sandwich	Grilled Chicken Pita w/Sesame Drizzle	All lunch meals also include our self-service fresh veggie bar and condiment table.	Chef Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Carrots Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Coins Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Coins Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Carrots Coins Fruit 1% or Fat Free Milk
Friday	Friday	Friday	Friday	Friday
Cookie Day! 	Spicy Chicken Sandwich	Whole Grain Bean & Cheese Burrito	Supreme Pizza OR Cheese Pizza	Buffalo Chicken Salad w/Dinner Roll
	<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.



“This institution is an equal opportunity provider.”