



# ESMOND STATION MIDDLE SCHOOL LUNCH MENU OCTOBER 22- 26, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Cheese Enchiladas <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<b>Monday</b> Hot Dog <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<b>Monday</b> Beefy Nachos <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<b>Monday</b> School lunch provides 1/3 of the average daily calorie needs for kids by age. 	<b>Monday</b> Turkey & Cheese Sub <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
<b>Tuesday</b> <b>All lunch meals also include our self- service fresh veggie bar and condiment table.</b>	<b>Tuesday</b> Chicken Patty Sandwich <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<b>Tuesday</b> Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<b>Tuesday</b> Sausage Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<b>Tuesday</b> Sun Butter & Jelly Sandwich w/ Cheese Stick <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
	<b>Wednesday</b> Breakfast for Lunch Whole Grain Pancakes and Turkey Sausage Patties <u>Veggie / Fruit / Milk</u> Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk	<b>Wednesday</b> Meatball Sub <u>Veggie / Fruit / Milk</u> Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk	<b>Wednesday</b> 	<b>Wednesday</b> Pepperoni Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk
<b>WORLD</b> <b>Thursday</b> Mac & Cheese with Chicken Nuggets <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<b>PASTA</b> <b>Thursday</b> Chicken Patty Sandwich <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<b>DAY</b> <b>Thursday</b> Cheese Quesadilla <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<b>Thursday</b> 	<b>Thursday</b> Club Sub <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk
<b>NATONAL</b> <b>Friday</b> 	<b>PUMPKIN</b> <b>Friday</b> Cheeseburger <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<b>DAY!</b> <b>Friday</b> Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<b>Friday</b> Pepperoni Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<b>Friday</b> Italian Sub <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”**