



# ESMOND STATION MIDDLE SCHOOL LUNCH MENU OCTOBER 29 –NOVEMBER 2, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Baked Chicken Nuggets w/ Dinner Roll	<b>Monday</b> Cheeseburger	<b>Monday</b>  ChooseMyPlate.gov	<b>Monday</b> Pepperoni Pizza OR Cheese Pizza	<b>Monday</b> American Sub
<u>Veggie / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk
<b>Tuesday</b> Rotini & Meat Sauce	<b>Tuesday</b> Spicy Chicken Sandwich	<b>Tuesday</b> Beefy Nachos	<b>DYK FACT; Pumpkins are 90% water.</b>	<b>Tuesday</b> Crispy Chicken Wrap
<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
<b>Wednesday</b> Happy Halloween 	<b>Wednesday</b> Whole Grain Corn Dog	<b>Wednesday</b> Whole Grain Bean & Cheese Burrito	<b>Wednesday</b> Pepperoni Pizza OR Cheese Pizza	<b>Wednesday</b> Chef Salad w/Dinner Roll
	<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
<b>Thursday</b> Our menu is Trans Fat Free!	<b>Thursday</b> BBQ Riblet	<b>Thursday</b> Beefy Nachos	<b>Thursday</b> Pepperoni Pizza OR Cheese Pizza	<b>Thursday</b> Turkey & Cheese Sub
	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk
<b>Friday</b> Grilled Cheese & Tomato Soup	<b>Friday</b> Cheeseburger	<b>Friday</b> Whole Grain Bean & Cheese Burrito		<b>Friday</b> Sun Butter & Jelly Sandwich W/ Cheese Stick
<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

Students **MUST** select 3 out of the 5 meal components.  
One of the 3 components selected **MUST** be a fruit or vegetable.



Nutritional information is available at the Food Service office.

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



School lunch provides 1/3 of the average daily calorie needs for kids by age.  
**Trans Fat Free Menu!**

Menu subject to change without notice.

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