



ESMOND STATION MIDDLE SCHOOL LUNCH MENU SEPTEMBER 17- 21 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
Grilled Cheese & Tomato Soup	Chili Dog	Beefy Nachos	DYK FACT: You can see Autumn leaves from space. 	Sun Butter & Jelly Sandwich w/ Cheese Stick
Veggie / Fruit / Milk Oven Baked Potatoes Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Oven Baked Potatoes Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Oven Baked Potatoes Fruit 1% or Fat Free Milk		Veggie / Fruit / Milk Oven Baked Potatoes Fruit 1% or Fat Free Milk
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Spaghetti & Meatballs	National Cheeseburger Day Cheeseburger 		Supreme Pizza OR Cheese Pizza	Buffalo Chicken Wrap
Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk		Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
Cheese Enchiladas	Chili Dog	Beefy Nachos	DYK FACT: The first day of autumn is known as the autumnal equinox. On this day, the number of hours of daylight and darkness are equal.	Chicken Caesar Salad w/ Dinner Roll
Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk		Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk
Thursday	Thursday	Thursday	Thursday	Thursday
Chicken Nuggets & Waffles	BBQ Riblet Sandwich		Pepperoni Pizza OR Cheese Pizza	Chef Salad w/Dinner Roll
Veggie / Fruit / Milk Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk		Veggie / Fruit / Milk Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Seasoned Baked Sweet Potatoes Fruit 1% or Fat Free Milk
Friday	Friday	Friday	Friday	Friday
Sesame Ginger Chicken	DYK FACT: September 22 nd is the first day of fall.	Whole Grain Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	Italian Sub
Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk		Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Veggie / Fruit / Milk 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 lunch meals also include our self -service fresh veggie bar and condiment table.



Our menu is Trans Fat Free!

Menu subject to change without notice.

Nutritional information is available at the Food Service office.

“This institution is an equal opportunity provider.”