



ESMOND STATION MIDDLE SCHOOL LUNCH MENU SEPTEMBER 3 - 7, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday	Monday	Monday	Monday	Monday
	School closed	Labor day		
Tuesday	Tuesday	Tuesday	Tuesday	Tuesday
Rotini & Meat Sauce	Chicken Patty Sandwich		Sausage Pizza OR Cheese Pizza	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
Wednesday	Wednesday	Wednesday	Wednesday	Wednesday
School lunch provides 1/3 of the average daily calorie needs for kids by age. 	Corn Dog	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	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
Thursday	Thursday	Thursday	Thursday	Thursday
 DYK FACT: September 6 th is National Read a book day.	Grilled Chicken Pita w/Sesame Drizzle	Beefy Nachos	Pepperoni Pizza OR Cheese Pizza	Turkey and Cheese Wrap
	<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
Friday	Cookie Friday	Day! Friday	Friday	Friday
Grilled Cheese w/Tomato Soup	 Grandparent's day is September 9th.	Whole Grain Bean & Cheese Burrito	Supreme Pizza OR Cheese Pizza	Sun Butter & Jelly Sandwich w/String Cheese
<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.



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."