



ESMOND STATION MIDDLE SCHOOL LUNCH MENU DECEMBER 11 – 15 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Cheese Enchiladas <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	Monday Cheeseburger <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	Monday Beefy Nachos <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	Monday  ChooseMyPlate.gov	Monday Italian Sub <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
Tuesday All lunch meals also include our self-service fresh veggie bar and condiment table.	Tuesday Chicken Patty Sandwich <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Tuesday Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Tuesday Sausage Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Tuesday Sun Butter & Jelly Sandwich w/ Cheese Stick <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
Wednesday Mac & Cheese w/ Chicken Nuggets <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	Wednesday Meatball Sub <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	Wednesday Beefy Nachos <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	Wednesday December Fresh pick of the month is Bell Peppers. 	Wednesday Buffalo Chicken Salad w/ Dinner Roll <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk
Thursday Breakfast for Lunch <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	Thursday Quesadilla <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	Thursday Our menu is Trans Fat Free!	Thursday Supreme Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	Thursday American Sub <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk
Friday Bell peppers are a good source of Vitamin A.	Friday Hotdog <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Friday Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Friday Pepperoni Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Friday 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.

School lunch provides 1/3 of the average daily calorie needs for kids by age.

Menu subject to change without notice.

All grains offered are Whole Grain Rich.
Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.

“This institution is an equal opportunity provider.”