



ESMOND STATION MIDDLE SCHOOL LUNCH MENU DECEMBER 18 –22, 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Baked Chicken Nuggets w/ Dinner Roll	Monday Cheeseburger	Monday Red bell peppers are simply green bell peppers that have been left on the vine to continue to ripen.	Monday Pepperoni Pizza OR Cheese Pizza	Monday 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
Tuesday Rotini & Meat Sauce	Tuesday Spicy Chicken Sandwich	Tuesday Beefy Nachos	Tuesday All lunch meals also include our self- service fresh veggie bar and condiment table.	Tuesday 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  Bell pepper is an excellent source of vitamin C.	Wednesday Whole Grain Corn Dog	Wednesday Whole Grain Bean & Cheese Burrito	Wednesday Pepperoni Pizza OR Cheese Pizza	Wednesday 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 All grains offered are Whole Grain Rich. Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.	Thursday BBQ Riblet	Thursday Beefy Nachos	Thursday Pepperoni Pizza OR Cheese Pizza	Thursday 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
Friday Early Release Day	Friday Early Release Day	Friday Whole Grain Bean & Cheese Burrito	Friday Our menu is Trans Fat Free.	Friday Sun Butter & Jelly Sandwich W/ Cheese Stick
<u>Veggie / Fruit / Milk</u> Carrot Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrot Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Carrot 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.

“This institution is an equal opportunity provider.”

