



ESMOND STATION MIDDLE SCHOOL LUNCH MENU DECEMBER 4 - 8, 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Grilled Cheese & Tomato Soup <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	December 4th is National Cookie Day!	Monday Beefy Nachos <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	Monday Pepperoni Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	Monday Club Sub <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk
Tuesday Spaghetti & Meatballs <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk		Tuesday Chicken Nuggets w/ Dinner Roll <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	Tuesday Fresh pick of the month for December is Bell Peppers. <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	Tuesday Sausage Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
Wednesday Cheese Enchiladas <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	Wednesday Cheeseburger <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	Wednesday Bell peppers are a good source of Vitamin A. <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	Wednesday Pepperoni Stromboli OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	Wednesday Turkey & Cheese Sub <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk
Thursday Chicken & Waffles <u>Veggie / Fruit / Milk</u> Carrots Coins Fruit 1% or Fat Free Milk	Thursday Spicy Chicken Patty <u>Veggie / Fruit / Milk</u> Carrots Coins Fruit 1% or Fat Free Milk	Thursday Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Carrots Coins Fruit 1% or Fat Free Milk	Thursday School lunch provides 1/3 of the average daily calorie needs for kids by age.	Thursday Crispy Chicken Salad w/ Dinner Roll <u>Veggie / Fruit / Milk</u> Carrots Coins Fruit 1% or Fat Free Milk
Friday Our menu is Trans Fat Free!	Friday Chicken Patty Sandwich <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Friday Beefy Nachos <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk		Friday Supreme Pizza OR Cheese Pizza <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.

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

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.



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