



ESMOND STATION MIDDLE SCHOOL LUNCH MENU APRIL 16 - 20, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Cheese Enchiladas w/ Spanish Rice	Monday Turkey Hot Dog	Monday Whole Grain Bean & Cheese Burrito	Monday School lunch provides 1/3 of the average daily calorie needs for kids by age.	Monday Turkey & Cheese Sub
<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk		<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	Tuesday Beefy Nachos	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday Sun Butter & Jelly Sandwich w/ Cheese Stick
	<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
Wednesday Mac & Cheese w/Fish Sticks	Wednesday Chicken Patty Sandwich	Wednesday 	Wednesday Pepperoni Pizza OR Cheese Pizza	Wednesday Buffalo Chicken Salad w/Dinner Roll
<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	<u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk
Thursday Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties	Thursday Healthy Lettuce Bowl w/Rice/Quinoa** **New Item	Thursday Whole Grain Bean & Cheese Burrito	Thursday DYK FACT: Jicama is composed of 86 to 90 % water and is high in antioxidants.	Thursday American Sub
<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk
Friday Grilled Chicken Pita w/Sesame Drizzle** **New Item	Friday Our menu is Trans Fat Free!	Friday Taco w/Spanish Rice	Friday Pepperoni Pizza OR Cheese Pizza	Friday Italian Sub
<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	<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 grains offered are Whole Grain Rich.
Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.



April Fresh Pick is **Jicama**

DYK FACT:
Jicama can be eaten raw or cooked

Menu subject to change without notice.

“This institution is an equal opportunity provider.”