



**ESMOND STATION
MIDDLE SCHOOL
LUNCH MENU
APRIL 30 – MAY 4 2018**



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Taco w/ Spanish Rice <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Monday Chicken Nuggets w/ Dinner Roll <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Monday Beefy Nachos <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	Monday April Fresh Pick is Jicama. 	Monday Turkey & Cheese Sub <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
Tuesday All grains offered are Whole Grain Rich.	Tuesday Chicken Patty Sandwich <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	Tuesday Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	Tuesday Sausage Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	Tuesday Crispy Chicken Salad w/Dinner Roll <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk
	Wednesday Breakfast for Lunch <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	Wednesday Cheeseburger <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	Wednesday Beefy Nachos <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	Wednesday Our menu is Trans Fat Free!
Thursday Jicama also known as Yam bean is a Vitamin C rich vegetable, native to Central America.	Thursday Riblet Sandwich <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Thursday Whole Grain Bean & Cheese Burrito <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	Thursday Pepperoni Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	
Friday Orange Chicken w/ Brown Rice <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	Friday Spicy Chicken Patty Sandwich <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	Friday School lunch provides 1/3 of the average daily calorie needs for kids by age.	Friday Supreme Pizza OR Cheese Pizza <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	Friday Italian Sub <u>Veggie / Fruit / Milk</u> Corn 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.

Nutritional information is available at the Food Service office.



**All lunch meals also include our self-service fresh veggie bar and condiment table.
Fresh and locally grown when available.**



“This institution is an equal opportunity provider.”