



# ESMOND STATION MIDDLE SCHOOL LUNCH MENU APRIL 9 - 13, 2018



| REVOLVE   | HONOR ROLL   | FIESTA  | UPPER CRUST  | FAST TAKES  |
|---|--|---|--|---|
| <b>Monday</b><br>BBQ Pork Sandwich  | <b>Monday</b><br>Spicy Chicken Patty Sandwich  | <b>Monday</b><br>Jicama is a root vegetable which looks like a potato.<br>Carrot Coins<br>Fruit<br>1% or Fat Free Milk  | <b>Monday</b><br>Pepperoni Pizza<br>OR<br>Cheese Pizza<br>Carrot Coins<br>Fruit<br>1% or Fat Free Milk   | <b>Monday</b><br>Sun Butter & Jelly Sandwich w/String Cheese<br>Carrot Coins<br>Fruit<br>1% or Fat Free Milk                      |
| <b>Tuesday</b><br>Spaghetti & Meatballs   | <b>Tuesday</b><br>Chicken Patty Sandwich   | <b>Tuesday</b><br>Beefy Nachos  | <b>Tuesday</b><br><br>Carrot Coins<br>Fruit<br>1% or Fat Free Milk | <b>Tuesday</b><br>Buffalo Chicken Wrap<br>Veggie / Fruit / Milk<br>Cauliflower<br>Fruit<br>1% or Fat Free Milk                    |
| <b>Wednesday</b><br>  | <b>Wednesday</b><br>Spicy Chicken Patty Sandwich<br>Veggie / Fruit / Milk<br>Refried Beans<br>Fruit<br>1% or Fat Free Milk | <b>Wednesday</b><br>Beefy Nachos<br>Veggie / Fruit / Milk<br>Refried Beans<br>Fruit<br>1% or Fat Free Milk              | <b>Wednesday</b><br>Pepperoni Pizza<br>OR<br>Cheese Pizza<br>Veggie / Fruit / Milk<br>Refried Beans<br>Fruit<br>1% or Fat Free Milk                  | <b>Wednesday</b><br>Chef Salad w/Dinner Roll<br>Veggie / Fruit / Milk<br>Refried Beans<br>Fruit<br>1% or Fat Free Milk            |
| <b>Thursday</b><br>Oven Roasted Chicken w/Dinner Roll   | <b>Thursday</b><br>Chicken Patty Sandwich  | <b>Thursday</b><br>Whole Grain Bean & Cheese Burrito  | <b>Thursday</b><br>Our menu is Trans Fat Free!<br>Veggie / Fruit / Milk<br>Whipped Potatoes/Gravy<br>Fruit<br>1% or Fat Free Milk                    | <b>Thursday</b><br>Turkey & Cheese Sub<br>Veggie / Fruit / Milk<br>Whipped Potatoes/Gravy<br>Fruit<br>1% or Fat Free Milk         |
| <b>Friday</b><br>School lunch provides 1/3 of the average daily calorie needs for kids by age.<br>Veggie / Fruit / Milk<br>Broccoli<br>Fruit<br>1% or Fat Free Milk | <b>Friday</b><br>Spicy Chicken Patty Sandwich<br>Veggie / Fruit / Milk<br>Broccoli<br>Fruit<br>1% or Fat Free Milk         | <b>Friday</b><br>Whole Grain Bean & Cheese Burrito<br>Veggie / Fruit / Milk<br>Broccoli<br>Fruit<br>1% or Fat Free Milk | <b>Friday</b><br>Pepperoni Pizza<br>OR<br>Cheese Pizza<br>Veggie / Fruit / Milk<br>Broccoli<br>Fruit<br>1% or Fat Free Milk                          | <b>Friday</b><br>Sun Butter & Jelly Sandwich W/ Cheese Stick<br>Veggie / Fruit / Milk<br>Broccoli<br>Fruit<br>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.

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



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.”**