



ESMOND STATION MIDDLE SCHOOL LUNCH MENU FEBRUARY 19 - 23, 2018



| REVOLVE | HONOR ROLL | FIESTA | UPPER CRUST | FAST TAKES |
|--|---|---|--|---|
| Monday | National Monday | Presidents' Monday | Day Monday | Monday |
| Cheese Enchiladas | Hot Dog | Whole Grain Bean & Cheese Burrito | Frozen Sherbet Cup w/hot lunch Feb 19! | 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 | Tuesday | Tuesday | Tuesday | Tuesday |
| All lunch meals also include our self-service fresh veggie bar and condiment table. | Chicken Patty Sandwich | Beefy Nachos | Sausage Pizza OR Cheese Pizza | Crispy Chicken 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 |
| Wednesday | Wednesday | Wednesday | Wednesday | Wednesday |
| Mac & Cheese w/Fish Sticks **Avocado Mac & Cheese **NEW ITEM | Our Menu is Trans Fat Free! | Beefy Nachos | Pepperoni Pizza OR Cheese Pizza | Sun Butter & Jelly Sandwich w/Cheese Stick |
| <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 | Thursday | Thursday | Thursday | Thursday |
| <p>School Closed Rodeo Vacation February 22nd & 23rd</p> | | | | |

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.

January Fresh Pick is
Leafy Greens

DYK FACT:
Green leafy veggies supply you with plenty of fiber!

Menu subject to change without notice.

“This institution is an equal opportunity provider.”