



# ESMOND STATION MIDDLE SCHOOL LUNCH MENU JANUARY 22 - 26, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Cheese Enchiladas	<b>Monday</b> Hot Dog	<b>Monday</b> Whole Grain Bean & Cheese Burrito	<b>Monday</b> School lunch provides 1/3 of the average daily calorie needs for kids by age.	<b>Monday</b> 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
<b>Tuesday</b> All lunch meals also include our self-service fresh veggie bar and condiment table.	<b>Tuesday</b> Chicken Patty Sandwich	<b>Tuesday</b> Beefy Nachos	<b>Tuesday</b> Sausage Pizza OR Cheese Pizza	<b>Tuesday</b> 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
<b>Wednesday</b> Early Release	<b>Wednesday</b> Early Release	<b>Wednesday</b> Chicken Patty Sandwich	<b>Wednesday</b> Early Release	<b>Wednesday</b> Sun Butter & Jelly Sandwich w/ Cheese Stick
		<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk
<b>Thursday</b> Breakfast for Lunch	<b>Thursday</b> Quesadilla	<b>Thursday</b> DYK FACT: One cup of cabbage only holds about 15 calories.	<b>Thursday</b> Supreme Pizza OR Cheese Pizza	<b>Thursday</b> Club 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
<b>Friday</b> Our menu is Trans Fat Free!	<b>Friday</b> Cheeseburger	<b>Friday</b> Beefy Nachos	<b>Friday</b> Pepperoni Pizza OR Cheese Pizza	<b>Friday</b> 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

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 Cabbage

DYK FACT:  
Cabbage is available in many varieties: red or purple, green.

Menu subject to change without notice.

**“This institution is an equal opportunity provider.”**