



ESMOND STATION MIDDLE SCHOOL LUNCH MENU JANUARY 29–FEBRUARY 2, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Baked Chicken Nuggets w/Dinner Roll	Monday Cheeseburger	Monday Cabbage is available in many varieties: red or purple, green.	Monday Pepperoni Pizza Or Cheese Pizza	Monday American Sub
<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk
Tuesday Rotini & Meat Sauce	Tuesday Spicy Chicken Sandwich	Tuesday Beefy Nachos	Tuesday  ChooseMyPlate.gov	Tuesday Crispy Chicken Wrap
<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
Wednesday 	Wednesday Whole Grain Corn Dog	Wednesday Whole Grain Bean & Cheese Burrito	Wednesday Pepperoni Pizza OR Cheese Pizza	Wednesday Healthy Lettuce Wrap
	<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
Thursday School lunch provides 1/3 of the average daily calorie needs for kids by age.	Thursday BBQ Riblet	Thursday Beefy Nachos	Thursday Pepperoni Pizza OR Cheese Pizza	Thursday Turkey & Cheese Sub
	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Black Beans Fruit 1% or Fat Free Milk
Friday Grilled Cheese & Tomato Soup	Friday Cheeseburger	Friday Whole Grain Bean & Cheese Burrito	Our menu is Trans Fat Free!	Friday 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

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.”