



ESMOND STATION MIDDLE SCHOOL LUNCH MENU JANUARY 8 – 12, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Chili Frito Pie w/ Dinner Roll	Monday Chicken Nuggets w/ Dinner Roll	Monday Beefy Nachos	Monday January Fresh Pick is Cabbage. 	Monday Turkey & Cheese Sub
<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
Tuesday All grains offered are Whole Grain Rich.	Tuesday Chicken Patty Sandwich	Tuesday Whole Grain Bean & Cheese Burrito	Tuesday Sausage Pizza OR Cheese Pizza	Tuesday Crispy Chicken Salad w/Dinner Roll
	<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
Wednesday Breakfast for Lunch	Wednesday Cheeseburger	Wednesday Beefy Nachos	Wednesday Our menu is Trans Fat Free!	Wednesday Buffalo Chicken Salad w/ Dinner Roll
<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
Thursday January 11th is national milk day! 	Thursday BBQ Pulled Pork Sandwich	Thursday Whole Grain Bean & Cheese Burrito	Thursday Pepperoni Pizza OR Cheese Pizza	Thursday Turkey and Cheese 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
Friday Orange Chicken w/ Brown Rice	Friday Chicken Patty Sandwich	Friday School lunch provides 1/3 of the average daily calorie needs for kids by age.	Friday Supreme Pizza OR Cheese Pizza	Friday Italian 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

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.”