



ESMOND STATION MIDDLE SCHOOL LUNCH MENU MARCH 26 - 29, 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Baked Chicken Nuggets w/Dinner Roll	Monday Cheeseburger	Monday School lunch provides 1/3 of the average daily calorie needs for kids by age.	Monday Pepperoni Pizza Or Cheese Pizza	Monday American Sub
<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk
Tuesday Rotini w/Meatballs & Marinara	Tuesday Spicy Chicken Sandwich	Tuesday Beefy Nachos	Tuesday  Choose MyPlate.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 Riblet Sandwich	Wednesday Whole Grain Bean & Cheese Burrito	Wednesday Pepperoni Pizza OR Cheese Pizza	Wednesday 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
Thursday Cookie Day!! 	Thursday Spicy Chicken Sandwich	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 Good Friday School Closed	Friday MARCH 20TH SPRING BEGINS!	Friday 	Friday Our menu is Trans Fat Free!	Friday 

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.”