



ESMOND STATION MIDDLE SCHOOL LUNCH MENU MAY 7 – 11 2018



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Cheese Enchiladas w/ Spanish Rice Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Monday Riblet Sandwich Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	Monday Beefy Nachos Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk	May 7 – 11 is National Teacher Appreciation Week!!	Monday Sun Butter & Jelly Sandwich w/String Cheese Veggie / Fruit / Milk Whipped Potatoes/Gravy Fruit 1% or Fat Free Milk
Tuesday All grains offered are Whole Grain Rich.	Tuesday Chicken & Waffles Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk	Tuesday Whole Grain Bean & Cheese Burrito Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk		Tuesday Sausage Pizza OR Cheese Pizza Veggie / Fruit / Milk Cauliflower Fruit 1% or Fat Free Milk
	Wednesday Spicy Chicken Sandwich Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk	Wednesday Beefy Nachos Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk	Wednesday Pepperoni Stromboli OR Cheese Pizza Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk	Wednesday Chicken Caesar Salad w/ Dinner Roll Veggie / Fruit / Milk Refried Beans Fruit 1% or Fat Free Milk
	Thursday Grilled Cheese & Tomato Soup Veggie / Fruit / Milk Carrot Coins Fruit 1% or Fat Free Milk	Thursday Cheeseburger Veggie / Fruit / Milk Carrot Coins Fruit 1% or Fat Free Milk	Our menu is Trans Fat Free!	Thursday Pepperoni Pizza OR Cheese Pizza Veggie / Fruit / Milk Carrot Coins Fruit 1% or Fat Free Milk
Friday Spicy Chicken Patty Sandwich Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Friday Whole Grain Bean & Cheese Burrito Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk	Friday Supreme Pizza OR Cheese Pizza Veggie / Fruit / Milk Broccoli Fruit 1% or Fat Free Milk		Friday Italian Sub Veggie / Fruit / Milk 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.

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.”