



# ESMOND STATION MIDDLE SCHOOL LUNCH MENU NOVEMBER 6 – 10 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Grilled Cheese & Tomato Soup  <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<b>Monday</b>  ChooseMyPlate.gov	<b>Monday</b> Beefy Nachos  <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<b>Monday</b> Pepperoni Pizza OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<b>Monday</b> Sun Butter & Jelly Sandwich w/String Cheese  <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk
<b>Tuesday</b> Spaghetti & Meatballs  <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<b>Tuesday</b> Chicken Nuggets w/ Dinner Roll  <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<b>Tuesday</b> Broccoli is a good source of Vitamins C, A, K and B-6. One half cup of raw or cooked broccoli counts as one serving of Vegetables and contains just 15 calories.  <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<b>Tuesday</b> Sausage Pizza OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk	<b>Tuesday</b> Buffalo Chicken Wrap  <u>Veggie / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk
<b>Wednesday</b> All lunch meals also include our self-service fresh veggie bar and condiment table.	<b>Wednesday</b> Chicken Patty Sandwich  <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	<b>Wednesday</b> Beefy Nachos  <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	<b>Wednesday</b> Pepperoni Stromboli OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk	<b>Wednesday</b> Chicken Caesar salad w/dinner roll  <u>Veggie / Fruit / Milk</u> Mexican Beans Fruit 1% or Fat Free Milk
<b>Thursday</b> Chicken & Waffles  <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<b>Thursday</b> Cheeseburger  <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<b>Thursday</b> Our menu is Trans Fat Free!	<b>Thursday</b> Pepperoni Pizza Or Cheese Pizza  <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<b>Thursday</b> Turkey & cheese sub  <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
<b>Veterans Day School Closed</b>				

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 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.”**