



# ESMOND STATION MIDDLE SCHOOL LUNCH MENU OCTOBER 16 - 20, 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Cheese Enchiladas  <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<b>Monday</b> Hot Dog  <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<b>Monday</b> Nachos  <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<b>Monday</b>  <b>DYK FACT; October is National Pizza Month.</b>	<b>Monday</b> Turkey & Cheese Sub  <u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
<b>Tuesday</b> <b>DYK FACT: Americans eat approximately 100 acres of pizza each day, or 350 slices per second!</b>	<b>Tuesday</b> Chicken Patty Sandwich  <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<b>Tuesday</b> Bean & Cheese Burrito  <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<b>Tuesday</b> Sausage Pizza OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk	<b>Tuesday</b> Sun Butter & Jelly Sandwich w/ Cheese Stick  <u>Veggie / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk
<b>Wednesday</b> Mac & Cheese w/ Fish Sticks  <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<b>Wednesday</b> Meatball Sub  <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<b>Wednesday</b> Beefy Nacho  <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk	<b>Wednesday</b>  <b>DYK FACT: Pepperoni is America's favorite topping!</b>	<b>Wednesday</b> Buffalo Chicken Salad w/ Dinner Roll  <u>Veggie / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk
<b>Thursday</b> Breakfast for Lunch  <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<b>Thursday</b> Quesadilla  <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<b>Thursday</b> 	<b>Thursday</b> Supreme Pizza OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<b>Thursday</b> American Sub  <u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk
<b>Friday</b> <b>DYK FACT; There are approximately 61,269 pizzerias in the United States!</b>	<b>Friday</b> BBQ Pork sandwich  <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<b>Friday</b> Bean & Cheese Burrito  <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<b>Friday</b> Pepperoni Pizza OR Cheese Pizza  <u>Veggie / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk	<b>Friday</b> Italian Sub  <u>Veggie / Fruit / Milk</u> 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.

"This institution is an equal opportunity provider."



October Fresh Pick is Cauliflower

**DYK FACT:**

Fresh cauliflower is an excellent source of Vitamin C-- 100 grams provides about 48.2 milligrams or 80% of daily recommended value