



ESMOND STATION MIDDLE SCHOOL LUNCH MENU OCTOBER 23 –27, 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
Monday Baked Chicken Nuggets w/ Dinner Roll	Monday Cheeseburger	Monday DYK FACT; Pumpkins are grown all over the world. In fact, six of seven continents (all except Antarctica) grow pumpkins.	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
Tuesday Rotini & Meat Sauce	Tuesday Spicy Chicken Sandwich	Tuesday Chicken Nachos	Tuesday DYK FACT; Pumpkins are 90% water.	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 DYK FACTS; Did you know that the word “pumpkin” comes from the Greek word “pepon”, meaning large melon!	Wednesday Whole Grain Corn Dog	Wednesday Bean & Cheese Burrito	Wednesday Pepperoni Pizza OR Cheese Pizza	Wednesday Chef Salad w/Dinner Roll
	<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 October 26 th is National Pumpkin Day! 	Thursday BBQ Riblet	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 Grilled Cheese & Tomato Soup	Friday Cheeseburger	Friday Bean & Cheese Burrito	Friday 	Friday Sun Butter & Jelly Sandwich W/ Cheese Stick
<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

Students MUST select 3 out of the 5 meal components.

One of the 3 components selected MUST be a fruit or vegetable.

“This institution is an equal opportunity provider.”

All lunch meals also include our self-service fresh veggie bar and condiment table.
School lunch provides 1/3 of the average daily calorie needs for kids by age.

Trans Fat Free Menu!

Menu subject to change without notice.