



# ESMOND STATION MIDDLE SCHOOL LUNCH MENU OCTOBER 30 – NOVEMBER 3 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> Chili Frito Pie w/ Dinner Roll	<b>Monday</b> Chicken Nuggets w/ Dinner Roll	<b>Monday</b> Beefy Nachos	<b>Monday</b> <b>DYK; October is Eat Better, Eat Together Month</b>	<b>Monday</b> 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
<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
	Chicken Patty Sandwich	Bean & Cheese Burrito	Sausage Pizza OR Cheese Pizza	Crispy Chicken Salad w/Dinner Roll
	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b> <b>Make a point to have a weekly family night at home. Cooking the meal together can be a great time to "plug-in" and chat.</b>	<b>Wednesday</b>
Breakfast for Lunch	Cheeseburger	Chicken Nachos		Buffalo Chicken Salad w/ Dinner Roll
<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
	BBQ Puled Pork Sandwich	Bean & Cheese Burrito	Pepperoni Pizza OR Cheese Pizza	Turkey and Cheese 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
<b>Friday</b>	<b>Friday</b>	<b>Friday</b> <b>Eat at least one meal together as a family this week. Make it fun by choosing a theme or recipes that you can plan and cook together.</b>	<b>Friday</b>	<b>Friday</b>
Orange Chicken w/ Brown Rice	Chicken Patty sandwich		Supreme Pizza OR Cheese Pizza	Italian Sub
<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Corn 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.”



All lunch meals also include our self-service fresh veggie bar and condiment table.

Fresh and locally grown when available.