



# Esmond Station MIDDLE SCHOOL LUNCH MENU September 11 - 15, 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>  <u>Veggie / Fruit / Milk</u> Oven Potatoes Fruit 1% or Fat Free Milk	<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> 	<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> <b>DYK FACT;</b> Mushrooms have no chlorophyll (a green pigment in plants), so they don't need sunshine to grow and thrive.	<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> <b>EARLY RELEASE DAY</b>  <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> <b>EARLY RELEASE DAY</b>  <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk	<b>Thursday</b> <b>DYK FACT;</b> One Bee has to fly about 90,000 miles- three times around the globe – to make one pound of honey!	<b>Thursday</b> Turkey & cheese sub  <u>Veggie / Fruit / Milk</u> Carrots Fruit 1% or Fat Free Milk
<b>Friday</b> <b>DYK FACT:</b> September is national Greenpeace day! 	<b>Friday</b> Corndog  <u>Veggie / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk	<b>Friday</b> Bean & Cheese Burrito  <u>Veggie / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk	<b>Friday</b> <b>EARLY RELEASE DAY</b>  <u>Veggie / Fruit / Milk</u> Celery Fruit 1% or Fat Free Milk	<b>Friday</b> <b>EARLY RELEASE DAY</b>  <u>Veggie / Fruit / Milk</u> Celery 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.

“USDA is an equal opportunity provider.”

