
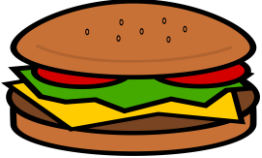






# Esmond Station MIDDLE SCHOOL LUNCH MENU SEPTEMBER 18 - 22, 2017



REVOLVE	HONOR ROLL	FIESTA	UPPER CRUST	FAST TAKES
<b>Monday</b> <b>MAX TO THE MEX</b> <b>FEATURED ITEM</b> Enchiladas Suiza	<b>Monday</b> <b>National Cheeseburger Day</b> Cheeseburger 	<b>Monday</b> Beefy Nachos	<b>Monday</b> 	<b>Monday</b> Turkey & cheese Sub
<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk	<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk		<u>Veggie / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk
<b>Tuesday</b> <b>DYK FACT:</b> <b>You can see Autumn</b> <b>leaves from</b> <b>Space.</b> 	<b>Tuesday</b> Chicken Patty Sandwich	<b>Tuesday</b> Bean & Cheese Burrito	<b>Tuesday</b> Sausage Pizza OR Cheese Pizza	<b>Tuesday</b> Sun Butter & Jelly Sandwich w/ Cheese Stick
	<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>Wednesday</b> Mac & Cheese w/ Chicken nuggets	<b>Wednesday</b> Meatball Sub	<b>Wednesday</b> Chicken Nachos	<b>Wednesday</b> <b>DYK FACT:</b> <b>The first day of autumn is</b> <b>known as the autumnal</b> <b>equinox. On this day, the</b> <b>number of hours of daylight</b> <b>and darkness are equal.</b>	<b>Wednesday</b> Buffalo Chicken Salad w/ Dinner Roll
<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
<b>Thursday</b> Breakfast for Lunch	<b>Thursday</b> Quesadilla	<b>Thursday</b> 	<b>Thursday</b> Supreme Pizza OR Cheese Pizza	<b>Thursday</b> American 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
<b>Friday</b> <b>DYK FACT;</b> <b>September 22<sup>nd</sup> is the</b> <b>first day of fall.</b>	<b>Friday</b> Hotdog	<b>Friday</b> Bean & Cheese Burrito	<b>Friday</b> Pepperoni Pizza OR Cheese Pizza	<b>Friday</b> Italian Sub
	<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

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.”

