

JANUARY 2018

Essex High Lunch Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
NO SCHOOL ¹	NO SCHOOL ²	Hot Dog on a Bun or Cheeseburger on a Bun Choose 2 Veggies & 2 Fruits: Baked Beans Sweet Potato Fries Variety of Fruit ³	Pizza Hut or Hot Ham & Cheese on a Bun Choose 2 Veggies & 2 Fruits: Steamed Broccoli Waffle Fries or Salad Bar Variety of Fruit ⁴	Boneless Wings w/a Roll or Seafood Platter Choose 2 Veggies & 2 Fruits: French Fries Salad Bar Variety of Fruit ⁵
Steak & Cheese Sub Turkey & Cheese Croissant or Cheeseburger Choose 2 Veggies & 2 Fruits: Seasoned Corn Sweet Potato Fries or Salad Bar Variety of Fruit ⁸	Pizza Pasta w/Breadstick or Spicy Popcorn Chicken w/Breadstick Choose 2 Veggies & 2 Fruits: Steamed Broccoli Salad Bar Apple Crisp ⁹	"Breakfast for Lunch" Dutch Waffle w/Eggs & Sausage or Corndog Nuggets Choose 2 Veggies & 2 Fruits: Glazed Carrots Tator Tots or Salad Bar Juice or Variety of Fruit ¹⁰	Cheesy Bread w/Marinara or Crispy Chicken Sandwich Choose 2 Veggies & 2 Fruits: Seasoned Green Beans Waffle Fries or Salad Bar Variety of Fruit ¹¹	Italian Sub or Fish Hoagie Choose 2 Veggies & 2 Fruits: French Fries Salad Bar Variety of Fruit ¹²
NO SCHOOL ¹⁵ 	BBQ on a Bun or Spicy Popcorn Chicken w/a Roll Choose 2 Veggies & 2 Fruits: Cole Slaw, Pickle Sweet Potato Fries or Salad Bar Variety of Fruit ¹⁶	Oven Fried Chicken and a Hot Roll or Cheeseburger on a Bun Choose 2 Veggies & 2 Fruits: Mashed Potatoes w/Gravy Collard Greens or Salad Bar Variety of Fruit ¹⁷	Personal Pan Pizza or Crispy Chicken Sandwich Choose 2 Veggies & 2 Fruit: Seasoned Green Beans Waffle Fries or Salad Bar Variety of Fruit ¹⁸	Boneless Wings w/a Roll or Seafood Platter Choose 2 Veggies & 2 Fruits: French Fries Salad Bar Variety of Fruit ¹⁹
Loaded Baked Potato w/a Hot Roll or Cheeseburger on a Bun Choose 2 Veggies & 2 Fruits: Steamed Broccoli Sweet Potato Fries Variety of Fruit ²²	Meatball Sub or Spicy Popcorn Chicken w/a Roll Choose 2 Veggies & 2 Fruits: Seasoned Corn Salad Bar Variety of Fruit ²³	Crispy Chicken Sandwich or BBQ Beef Rib on a Bun Choose 2 Veggies & 2 Fruits: Sweet Peas French Fries or Salad Bar Variety of Fruit ²⁴	Pizza Hut or Hot Ham & Cheese on a Bun Choose 2 Veggies & 2 Fruits: Seasoned Green Beans Waffle Fries or Salad Bar Variety of Fruit ²⁵	NO SCHOOL ²⁶
NO SCHOOL ²⁹	Beefy Nachos con Queso or Spicy Popcorn Chicken w/a Roll Choose 2 Veggies & 2 Fruits: Seasoned Corn Refried Beans or Salad Bar Variety of Fruit ³⁰	Grilled Cheese w/Beef Vegetable Soup or Cheeseburger on a Bun Choose 2 Veggies & 2 Fruits: Seasoned Green Beans French Fries or Salad Bar Variety of Fruit ³¹		 ²

ANY SPECIAL DIETARY NEEDS SUBSTITUTIONS, PLEASE SEE CAFETERIA MANAGER!

All lunches include 1/2 pint of FF Chocolate, FF Strawberry, or 1% White Milk

This institution is an equal opportunity provider.

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