

Essex High School May 2017 Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| Weekly Offerings Monday Pizza & Fries or Chicken Tenders/Roll/Fries | Weekly Offerings Tuesday Bacon Cheeseburger & Puffs or Popcorn Chicken/Roll/Puffs | Weekly Offerings Wednesday Pizza & Curly Fries or Fish Sandwich on a Bun/Curly Fries | Weekly Offerings Thursday Seafood Platter/Roll/Puffs or Chicken Tenders/Roll/Puffs | Weekly Offerings Friday Pork Rib Patty on a Roll & Waffle Fries or Spicy Popcorn Chicken/Roll/Waffle Fries |
| Daily Offering: Salad Bar with Lettuce, Tomatoes, Celery, Broccoli, Peas, Garbanzo Beans, Carrots, and Assorted Salad Condiments | | | | |
| Hot Dog on a Roll 1 French Fries Glazed Carrots Salad Bar Assorted Canned Fruit Fresh Fruit *Grilled Chicken Sandwich | Beefy Nachos 2 Cheese, Lettuce & Tomato Refried Beans Salad Bar Assorted Canned Fruit Fruit Juice *Turkey & Cheese Wrap | Diced Chicken w/Gravy 3 Biscuit Mashed Potatoes Seasoned Corn Salad Bar Assorted Canned Fruit Fresh Fruit *Italian Sub | Chicken Nuggets 4 w/Fresh Baked Dinner Roll Potato Puffs Collard Greens Salad Bar Fresh Fruit Fruit Juice *Bacon Cheeseburger | Cheese Pizza 5 Seasoned Mixed Vegetables Salad Bar Assorted Canned Fruit Fresh Fruit *Fish Sandwich |
| Chicken Patty on a Roll 8 Sweet Potato Wedges Baked Beans Salad Bar Assorted Canned Fruit Sidekick Fruit Slushie *Cheesesteak Sub | French Bread Pizza 9 Potato Puffs Seasoned Green Beans Salad Bar Assorted Canned Fruit Fresh Fruit *Ham & Cheese Sub | <u>"Breakfast for Lunch"</u> 10 French Toast Sticks Sausage Patty Home Fries Salad Bar Assorted Canned Fruit Fruit Juice *Bologna & Cheese Sandwich | Pork Rib Patty on a Roll 11 Seasoned Corn Coleslaw Salad Bar Assorted Canned Fruit Fresh Fruit *Italian Wrap | Breadsticks w/Marinara 12 Steamed Broccoli Salad Bar Assorted Canned Fruit Fresh Fruit *Pizza Quessadilla |
| Cheeseburger on a Roll 15 French Fries Seasoned Mixed Vegetables Salad Bar Assorted Canned Fruit Fresh Fruit *Cheese Dog on a Roll | Chicken Tacos 16 Refried Beans Black Bean Salad Salad Bar Assorted canned Fruit Fruit Juice *Turkey & Cheese Wrap | Breaded Pork Chop 17 Macaroni & Cheese Seasoned Green Beans Salad Bar Assorted Canned Fruit Fresh Fruit *Meatball Sub | Chicken Tenders 18 Candied Yams Seasoned Corn Salad Bar Fresh Fruit Fruit Juice *Grilled Chicken Sandwich | Stuffed Crust Pizza 19 Buttered Beets Salad Bar Assorted Canned Fruit Fresh Fruit *Chicken Salad on Croissant |
| Corn Dog Nuggets 22 French Fries Baked Beans Salad Bar Assorted Canned Fruit Sidekick Fruit Slushie *Bacon Cheeseburger | Chicken Teriyaki 23 Seasoned Rice Seasoned Green Beans Salad Bar Assorted Canned Fruit Fresh Fruit *Ham & Cheese Wrap | <u>"Breakfast for Lunch"</u> 24 Dutch Waffle Sausage Patty Home Fries Salad Bar Assorted Canned Fruit Fruit Juice *Roast Beef Sub | BBQ Chicken on a Roll 25 Potato Puffs Collard Greens Salad Bar Assorted Canned Fruit Fresh Fruit *Italian Sub | Breadsticks w/Marinara 26 California Blend Glazed Carrots Salad Bar Assorted Canned Fruit Fresh Fruit *Fish Sandwich |
| No School 29 | Cheeseburger on a Roll 30 Sweet Potato Nuggets Seasoned Green Beans Salad Bar Assorted Canned Fruit Fresh Fruit *Grilled Chicken Sandwich | Baked Chicken w/Roll 31 Mashed Potatoes w/Gravy Mixed Vegetables Salad Bar Assorted Canned Fruit Fruit Juice *Turkey & Cheese Sub | Popcorn Chicken 1 w/ Dinner Roll Steamed Broccoli Salad Bar Fresh Fruit Fruit Juice *Hot Ham & Cheese Sandwich | French Bread Pizza 2 Seasoned Corn Salad Bar Assorted Canned Fruit Fresh Fruit *Seafood Platter w/Roll |

*Alternate Choice

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.