


APRIL 2018

Essex High Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	<h1>SPRING BREAK</h1>			
9	10	11	12	13
Boneless Wings w/a Roll or BBQ Beef Rib on a Bun Choose 2 Veggies & 2 Fruits: Sweet Potato Fries Seasoned Corn Variety of Fruit	<u>BREAKFAST FOR LUNCH</u> French Toast w/Eggs and Corned Beef Hash Spicy Popcorn Chicken w/a Roll Choose 2 Veggies & 2 Fruits: Candied Carrots and Tator Tots Baked Apples Juice	Macaroni & Cheese w/Roll or Corndog Nuggets Choose 2 Veggies & 2 Fruits: Steamed Broccoli Salad Bar Variety of Fruit	Personal Pan Pizza or Crispy Chicken Sandwich Choose 2 Veggies & 2 Fruits: Seasoned Green Beans Waffle Fries or Salad Bar Variety of Fruit	Pork BBQ on a Bun or Filet of Fish on a Bun Choose 2 Veggies & 2 Fruits: Cole Slaw, Pickle French Fries or Salad Bar Variety of Fruit
16	17	18	19	20
Cheeseburger on a Bun or Hot Ham and Cheese Flatbread Choose 2 Veggies & 2 Fruits: Sweet Potato Fries Sweet Peas or Salad Bar Variety of Fruit	Taco w/Cheese, Lettuce & Tomato or Spicy Popcorn Chicken w/a Roll Choose 2 Veggies & 2 Fruits: Seasoned Corn Salad Bar Variety of Fruit	Oven Fried Chicken w/Hot Roll or Salisbury Steak w/Hot Roll Choose 2 Veggies & 2 Fruit: Mashed Potatoes w/Gravy Collard Greens or Salad Bar Variety of Fruit	Cheesy Bread w/Marinara or Crispy Chicken Sandwich Choose 2 Veggies & 2 Fruits: Seasoned Green Beans Waffle Fries or Salad Bar Variety of Fruit	Meatball Sub or Seafood Platter Choose 2 Veggies & 2 Fruits: French Fries Salad Bar Variety of Fruit
23	24	25	26	27
Loaded Baked Potato w/a Hot Roll or Turkey and Cheese Croissant Choose 2 Veggies & 2 Fruits: Sweet Potato Fries Steamed Broccoli or Salad Bar Variety of Fruit	Pork BBQ on a Bun or Spicy Popcorn Chicken w/a Roll Choose 2 Veggies & 2 Fruits: Candied Yams, Tator Tots Salad Bar Fruit Slushies	Spaghetti w/Meatsauce & Breadstick or Crispy Chicken Sandwich Choose 2 Veggies & 2 Fruits: Sweet Peas Salad Bar Variety of Fruit	Pizza Hut or Hot Ham and Cheese on a Bun Choose 2 Veggies & 2 Fruits: Seasoned Green Beans Waffle Fries or Salad Bar Variety of Fruit	Steak and Cheese Sub or Fish Hoagie Choose 2 Veggies & 2 Fruits: Smiley Fries Salad Bar Variety of Fruit
30	1	2	3	4
Chili Cheese Dog on a Bun or Cheeseburger on a Bun Choose 2 Veggies & 2 Fruits: Sweet Potato Fries Pickle, Salad Bar Variety of Fruit				

ANY SPECIAL DIETARY NEEDS SUBSTITUTIONS, PLEASE SEE CAFETERIA MANAGER!

*Menu subject to change due to availability

All lunches include 1/2 pint of FF Chocolate, FF Strawberry, or 1% White Milk
 This institution is an equal opportunity provider.