

## Essex High Lunch Menu SEPTEMBER 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
 3	4 Hot Dog on a Bun or Spicy Popcorn Chicken w/a Roll <b>Choose 2 Veggies &amp; 2 Fruits:</b> Baked Beans Pickle Variety of Fruit	5 <b>BREAKFAST FOR LUNCH</b> Dutch Waffle w/Sausage & Eggs or Hot Ham & Cheese Flatbread <b>Choose 2 Veggies &amp; 2 Fruits:</b> Candied Yams Tator Tots Juice and Variety of Fruit	6 Pizza Hut or Crispy Chicken Sandwich <b>Choose 2 Veggies &amp; 2 Fruits:</b> Green Beans or Sidewinder Fries Salad Bar Variety of Fruit	7 Boneless Wings w/a Roll or Seafood Platter w/Corn Muffin <b>Choose 2 Veggies &amp; 2 Fruits:</b> French Fries Salad Bar Variety of Fruit
10 Steak and Cheese Sub or Corn Dog Nuggets <b>Choose 2 Veggies &amp; 2 Fruits:</b> Sweet Potato Fries Salad Bar Fruit Slushie	11 Macaroni & Cheese w/a Roll or Spicy Popcorn Chicken w/a Roll <b>Choose 2 Veggies &amp; 2 Fruits:</b> Sweet Peas Salad Bar Variety of Fruit	12 Oven Fried Chicken w/a Hot Roll or Salisbury Steak w/a Hot Roll <b>Choose 2 Veggies &amp; 2 Fruits:</b> Mashed Potatoes w/Gravy Collard Green or Salad Bar Variety of Fruit	13 Cheesey Breadsticks w/Marinara or Crispy Chicken Sandwich <b>Choose 2 Veggies &amp; 2 Fruits:</b> Green Beans or Sidewinder Fries Salad Bar Variety of Fruit	14 Assorted Sub Sandwiches or Fish Hoagie <b>Choose 2 Veggies &amp; 2 Fruits:</b> French Fries Sub Topping Bar Variety of Fruit
17 BBQ on a Bun or Turkey & Cheese Croissant <b>Choose 2 Veggies &amp; 2 Fruits:</b> Cole Slaw, Tater Tots Salad Bar Variety of Fruit	18 Cheeseburger on a Bun or Spicy Popcorn Chicken w/a Roll <b>Choose 2 Veggies &amp; 2 Fruits:</b> Baked Beans Salad Bar Variety of Fruit	19 <b>WAFFLE WEDNESDAY</b> Chicken Tenders w/Waffle or Hot Ham & Cheese Flatbread <b>Choose 2 Veggies &amp; 2 Fruits:</b> Sweet Potato Waffle Fries Salad Bar Variety of Fruit	20 Pizza or Crispy Chicken Sandwich <b>Choose 2 Veggies &amp; 2 Fruits:</b> Green Beans or Sidewinder Fries Salad Bar Variety of Fruit	21 Boneless Wings w/a Roll or Seafood Platter w/Corn Muffin <b>Choose 2 Veggies &amp; 2 Fruits:</b> French Fries Salad Bar Variety of Fruit
24 Loaded Baked Potato w/Roll or Corn Dog Nuggets <b>Choose 2 Veggies &amp; 2 Fruits:</b> Sweet Potato Fries Salad Bar Fruit Slushie	25 Beefy Nachos w/Cheese or Spicy Popcorn Chicken w/a Roll <b>Choose 2 Veggies &amp; 2 Fruits:</b> Seasoned Corn Salad Bar Variety of Fruit	26 Spaghetti w/Garlic Breadstick or Meatball Sub <b>Choose 2 Veggies &amp; 2 Fruits:</b> Steamed Broccoli Salad Bar Baked Apple Slices	27 Pizza Hut or Crispy Chicken Sandwich <b>Choose 2 Veggies &amp; 2 Fruits:</b> Green Beans or Sidewinder Fries Salad Bar Variety of Fruit	28 Assorted Sub Sandwiches or Fish Hoagie <b>Choose 2 Veggies &amp; 2 Fruits:</b> French Fries Sub Topping Bar Variety of Fruit

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

\*Menu subject to change due to availability