






# JUNE 2018

## Essex High Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>1</p> <p>Assorted Sandwiches or Seafood Platter <b>Choose 2 Veggies &amp; 2 Fruits:</b> French Fries Salad Bar Variety of Fruit</p>
<p>4</p> <p>Boneless Wings w/a Roll or Turkey and Cheese Croissant <b>Choose 2 Veggies &amp; 2 Fruits:</b> Sweet Potato Fries Salad Bar Variety of Fruit</p>	<p>5</p> <p>Tuna Salad Croissant or Spicy Popcorn Chicken w/a Roll <b>Choose 2 Veggies &amp; 2 Fruits:</b> Baked Beans Salad Bar Variety of Fruit</p>	<p>6</p> <p><b><u>BREAKFAST FOR LUNCH</u></b> Dutch Waffle w/Sauage or Hot Ham &amp; Cheese <b>Choose 2 Veggies &amp; 2 Fruits:</b> Tater Tots Sweet Peas Variety of Fruit</p>	<p>7</p> <p>Pizza Hut or Corndog Nuggets <b>Choose 2 Veggies &amp; 2 Fruits:</b> Seasoned Green Beans Waffle Fries or Salad Bar Variety of Fruit</p>	<p>8</p> <p>Crispy Chicken Sandwich or Filet of Fish on a Bun <b>Choose 2 Veggies &amp; 2 Fruits:</b> French Fries Salad Bar Variety of Fruit</p>
<p>11</p> <p>Hot Dog on a Bun or Manager's Choice <b>Choose 2 Veggies &amp; 2 Fruits:</b> Assorted Vegetables Variety of Fruit</p>	<p>12</p> <p>Spicy Popcorn Chicken w/a Roll or Manager's Choice <b>Choose 2 Veggies &amp; 2 Fruits:</b> Assorted Vegetables Variety of Fruit</p>	<p>13</p> <p>Cheeseburger on a Bun or Manager's Choice <b>Choose 2 Veggies &amp; 2 Fruit:</b> Assorted Vegetables Variety of Fruit</p>	<p>14</p> <p><b><u>LAST DAY OF SCHOOL!</u></b> Personal Pan Pizza or Manager's Choice <b>Choose 2 Veggies &amp; 2 Fruits:</b> Assorted Vegetables Variety of Fruit</p>	
<p>18</p> 	<p>19</p> 	<p>20</p> 	<p>21</p>	
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>Visit <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> to see student participation, account balances, and set up low balance notifications for <b>FREE</b>. Add money to your student's account for a <b>new lower transaction fee</b> of only \$1.55!!</p>

**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.