

Essex Intermediate 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 Turkey Sub Choose 2 Veggies & 1 Fruit: Baked Beans Pickle Variety of Fruit	5 BREAKFAST FOR LUNCH Dutch Waffle w/Sausage Student Salad or Grilled Cheesy Flatbread w/Yogurt Choose 2 Veggies & 1 Fruit: Candied Yams Tater Tots Juice	6 Pizza Student Salad or Uncrustable w/String Cheese Choose 2 Veggies & 1 Fruit: Seasoned Green Beans Fresh Veggie Cups Variety of Fruit	7 Spicy Popcorn Chicken w/a Roll Student Salad or Meatball Sub Choose 2 Veggies & 1 Fruit: French Fries Fresh Veggie Cups Variety of Fruit
10 Cheesy Quesadillas Student Salad or Uncrustable w/String Cheese Choose 2 Veggies & 1 Fruit: Seasoned Corn Sweet Potato Fries Fruit Slushie	11 Macaroni and Cheese Student Salad or Chicken Nuggets Choose 2 Veggies & 1 Fruit: Leafy Green Side Salad Sweet Peas or Fresh Veggie Cups Variety of Fruit	12 Oven Fried Chicken w/a Hot Roll Student Salad or Hot TurkeyHam & Cheese Flatbread Choose 2 Veggies & 1 Fruit: Mashed Potatoes w/Gravy Collard Greens or Fresh Veggie Cups Variety of Fruit	13 Pizza Hut Student Salad or Crispy Chicken Sandwich Choose 2 Veggies & 1 Fruit: Seasoned Green Beans Fresh Veggie Cups Variety of Fruit	14 Corndog Nuggets Student Salad or Fish Hoagie Choose 2 Veggies & 1 Fruit: Baked Beans Smiley Fries or Fresh Veggie Cups Variety of Fruit
17 Crispy Chicken Sandwich Student Salad or BBQ on a Bun Choose 2 Veggies & 1 Fruit: Cole Slaw Tater Tots Variety of Fruit	18 Cheeseburger on a Bun Student Salad or Turkey Sub Choose 2 Veggies & 1 Fruit: Baked Beans Pickle or Fresh Veggie Cups Variety of Fruit	19 WAFFLE WEDNESDAY Chicken Tenders w/Waffle Student Salad or Grilled Cheesy Flatbread w/Yogurt Choose 2 Veggies & 1 Fruit: Sweet Potato Waffle Fries Leafy Green Side Salad Baked Apple Slices	20 Cheesy Breadstick w/Marinara Student Salad or Uncrustable w/String Cheese Choose 2 Veggies & 1 Fruit: Seasoned Green Beans Fresh Veggie Cups Variety of Fruit	21 Spicy Popcorn Chicken w/a Roll Student Salad or Steak & Cheese Sub Choose 2 Veggies & 1 Fruit: French Fries Fresh Veggie Cups Variety of Fruit
24 Loaded Baked Potato w/Roll Student Salad or Uncrustable w/String Cheese Choose 2 Veggies & 1 Fruit: Steamed Broccoli Sweet Potato Fries Fruit Slushie	25 Beefy Nachos w/Cheese Student Salad or Chicken Nuggets Choose 2 Veggies & 1 Fruit: Shredded Lettuce & Tomato Seasoned Corn or Fresh Veggie Cups Variety of Fruit	26 Spaghetti w/Garlic Breadstick Student Salad or Hot TurkeyHam & Cheese Flatbread Choose 2 Veggies & 1 Fruit: Leafy Green Side Salad Fresh Veggie Cups Variety of Fruit	27 Pizza Student Salad or Crispy Chicken Sandwich Choose 2 Veggies & 1 Fruit: Seasoned Green Beans Fresh Veggie Cups Variety of Fruit	28 Corn Dog Nuggets Student Salad or Fish Hoagie Choose 2 Veggies & 1 Fruit: Baked Beans Smiley Fries or Fresh Veggie Cups 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