

Essex Intermediate School May 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog on a Roll French Fries Glazed Carrots Assorted Canned Fruit Fresh Fruit *Grilled Chicken Sandwich	Beefy Nachos Cheese, Lettuce & Tomato Refried Beans Carrot Sticks Assorted Canned Fruit Fruit Juice *Turkey & Cheese Wrap	Diced Chicken w/Gravy Biscuit Mashed Potatoes Seasoned Mixed Vegetables Assorted Canned Fruit Fresh Fruit Bologna & Cheese Sandwich	Hot Ham & Cheese Sandwich Collard Greens Carrot Sticks Fresh Fruit Fruit Juice *Bacon Cheeseburger	Cheese Pizza Tossed Salad & Dressing Seasoned Corn Assorted Canned Fruit Fresh Fruit *Fish Sandwich
Chicken Patty on a Roll Sweet Potato Fries Baked Beans Assorted Canned Fruit Sidekick Fruit Slushie *Cheesesteak Sub	French Bread Pizza Seasoned Green Beans Tossed Salad w/Dressing Assorted Canned Fruit Fresh Fruit *Ham & Cheese Sub	<u>"Breakfast for Lunch"</u> French Toast Sticks Sausage Patty Potato Wedges Carrot Sticks Assorted Canned Fruit Fruit Juice *Peanut Butter & Jelly Uncrustable	Pork Rib Patty on a Roll Seasoned Corn Coleslaw Assorted Canned Fruit Fresh Fruit *Italian Wrap	Breadsticks w/Marinara Steamed Broccoli Fresh Cauliflower & Celery Assorted Canned Fruit Fresh Fruit *Pizza Quessadilla
Cheeseburger on a Roll French Fries Tossed Salad & Dressing Assorted Canned Fruit Fresh Fruit *Cheese Dog on a Roll	Chicken Taco Cheese, Lettuce & Tomato Black Bean Salad Carrot Sticks Assorted canned Fruit Fruit Juice *Turkey & Cheese Wrap	Breaded Pork Chop Macaroni & Cheese Seasoned Green Beans Carrot Sticks Fresh Fruit Fruit Juice *Meatball Sub	Chicken Tenders Seasoned Corn Carrot Sticks Fresh Fruit Fruit Juice *Grilled Chicken Sandwich	Stuffed Crust Pizza Seasoned Mixed Vegetabled Fresh Broccoli w/Dip Assorted Canned Fruit Fresh Fruit *Chicken Salad on Croissant
Corn Dog Nuggets Potato Puffs Baked Beans Assorted Canned Fruit Sidekick Fruit Slushie *Bacon Cheeseburger	Chicken Teriyaki Seasoned Rice Seasoned Green Beans Carrot Sticks Assorted Canned Fruit Fresh Fruit *Ham & Cheese Wrap	<u>"Breakfast for Lunch"</u> Dutch Waffle Sausage Patty Potato Wedges Glazed Carrots Assorted Canned Fruit Fruit Juice *Peanut Butter & Jelly Uncrustable	BBQ Chicken on a Roll Collard Greens Celery w/Dip Assorted Canned Fruit Fresh Fruit *Italian Sub	Breadsticks w/Marinara California Blend Tossed Salad w/Dressing Assorted Canned Fruit Fresh Fruit *Fish Sandwich
No School	Cheeseburger on a Roll Sweet Potato Fries Seasoned Green Beans Assorted Canned Fruit Fresh Fruit *Grilled Chicken Sandwich	Baked Chicken Roll Mashed Potatoes w/Gravy Buttered Beets Fresh Fruit Assorted Canned Fruit *Turkey & Cheese Sub	Popcorn Chicken w/ Dinner Roll Steamed Broccoli Carrot Sticks Fresh Fruit Fruit Juice *Hot Ham & Cheese Sandwich	French Bread Pizza Seasoned Corn Carrot Sticks Assorted Canned Fruit Fresh Fruit *Seafood Platter w/Roll

*Alternate Choice

Chef Salads are Offered Daily

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

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