

Essex High School December Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger on a Roll Baked Beans Carrot Sticks Assorted Fruits Fresh Fruit *Turkey & Cheese Wrap	Rotini w/Meatsauce Homemade Roll California Blend Tossed Salad/Dressing Assorted Fruits Fresh Fruit *Spicy Chicken Patty on a Roll	Chicken Nuggets WG Biscuit Mashed Potatoes Carrot Sticks Assorted Fruits Fresh Fruit *Philly Cheese Steak Sub	Macaroni & Cheese Garlic Bread Mixed Vegetables Seasoned Peas Assorted Fruits Fresh Fruit *Cheeseburger on a Roll	WG Pepperoni Pizza Fresh Broccoli w/FF Ranch Dip Glazed Carrots Assorted Fruits Fresh Fruit *Ham & Cheese Wrap
Corn Dog & Biscuit WG Roll French Fries Collard Greens Assorted Fruits Fresh Fruit *Italian Sub	Chicken Wing Pizza Tossed Salad/Dressing Seasoned Peas Assorted Fruits Fresh Fruit *Ham & Cheese Wrap	"Breakfast for Lunch" French Toast Sticks w/Syrup Sausage Patty Hash Browns Carrot Sticks Assorted Fruit Juice Fresh Fruit *Spicy Chicken Patty on a Roll	Chicken Fajitta Brown Rice Refried Beans Carrot Sticks Assorted Fruits Fresh Fruit *Cheeseburger on a Roll	Shrimp Poppers WG Roll Chef Salad Sweet Potato Fries Assorted Fruits Fresh Fruit Breadsticks w/Marinara Sauce
Grilled Cheese Sandwich Tomato Soup Carrot Sticks Assorted Fruits Fresh Fruit *Chicken Patty on a Bun	Chicken Tenders WG Roll or Biscuit Potato Puffs Seasoned Peas Assorted Fruits Fresh Fruit *Ham & Cheese Sub	Spaghetti w/Meatsauce Homemade Roll Tossed Salad/Dressing Seasoned Lima Beans Assorted Fruits Fresh Fruit *Chicken Bacon Wrap	"Christmas Dinner" Baked Ham WG Roll Mashed Potatoes Glazed Carrots Assorted Fruits Cake	WG Cheese Pizza Baked Beans Steamed Broccoli Assorted Fruits Fresh Fruit *Pork Rib Sandwich on a Bun
23 "No School"	24 "No School"	25 "No School"	26 "No School"	27 "No School"
30 "No School"	31 "No School"			

*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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