

Essex High School November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger on a Roll Baked Beans Glazed Carrots Assorted Fruits Fresh Fruit *Hot Dog on a Roll	4 Rotini w/Matsauce Homemade Roll California Blend Tossed Salad w/Dressing Assorted Fruits Fresh Fruit *Spicy Chicken Patty	5 Chicken Nuggets WG Biscuit Mashed Potatoes Green Beans Assorted Fruits Fresh Fruit *Italina Wrap	6 Macaroni & Cheese Garlic Bread Mixed Vegetables Carrot Sticks Assorted Fruits Fresh Fruit *Turkey & Cheese Sub	8 "Early Dismissal" No Lunch
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 *Turkey & Cheese Wrap	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	"Thanksgiving Dinner" Roast Turkey & Gravy WG Roll Mashed Potatoes Glazed Carrots Assorted Fruits Fresh Fruit *Italian Wrap	WG Cheese Pizza Baked Beans Steamed Broccoli Assorted Fruits Fresh Fruit *Pork Rib Sandwich on a Bun
Hot Dog On a Roll Potato Puffs Carrot Sticks Assorted Fruits Fresh Fruit *Turkey & Cheese Sub	Soft Taco w/Meat & Cheese Lettuce & Tomato Refried Beans Assorted Fruits Fresh Fruit *Italian Wrap	"Early Dismissal" No Lunch	"No School"	"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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