

Essex County High School Menu - October

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Hot Dog On a Roll 30 Potato Puffs Carrot Sticks Assorted Fruits Fresh Fruit *Cheeseburger on Roll	Taco w/Meat & Shredded Cheese 1 Lettuce & Tomato Refried Beans Carrot Sticks Assorted Fruits Fresh Fruit *Chicken & Bacon Wrap	Popcorn Chicken 2 WG Biscuit Seasoned Corn Carrot Sticks Assorted Fruits Fresh Fruit *Italian Wrap	Sloppy Joe on a WG Bun 3 Baked Potato Collard Greens Assorted Fruits Fresh Fruit *Chicken Patty on a Roll	Breadsticks w/Meatsauce 4 Seasoned Green Beans Carrot Sticks Assorted Fruits Fresh Fruit *Turkey & Cheese Sub
Cheeseburger on a Roll 7 Baked Beans Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits *Chicken Patty on a Roll	Hot Ham & Cheese Sandwich 8 California Blend Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits *Turkey & Cheese Wrap	"Early Dismissal - No Lunch"	Chicken Nuggets 9 WG Roll Mashed Potatoes Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits *Italian Wrap	WG Pepperoni Pizza 11 Fresh Broccoli w/FF Ranch Dip Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits *Fish Sandwich
"No School" 14	Corn Dog & Biscuit 15 French Fries Collard Greens Assorted Chilled Fruits Assorted Fresh Fruits *Turkey & Cheese Wrap	Spaghetti w/Meatsauce 16 Homemade Roll Romaine Salad w/Dressing Green Beans Assorted Chilled Fruits Assorted Fresh Fruits *Spicy Chicken Patty on a Roll	Chicken Fajita 17 Brown Rice Refried Beans Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits *Ham & Cheese Sub	Shrimp Poppers 18 WG Roll Chef Salad Lima Beans & Stewed Tomatoes Assorted Chilled Fruits Assorted Fresh Fruits *WG Pepperoni Pizza
Grilled Cheese Sandwich 21 Tomato Soup Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits *Chicken Patty on a Roll	Chicken Tenders 22 WG Roll or Biscuit Potato Puffs Collard Greens Assorted Chilled Fruits Assorted Fresh Fruits *Turkey & Cheese Sub	Breakfast for Lunch 23 French Toast Sticks Sausage Patty Hash Browns Carrot Sticks Assorted Fruit Juice Assorted Fresh Fruits *Chicken Bacon Wrap	Oven Baked Chicken 24 WG Roll Glazed Carrots Green Beans Assorted Chilled Fruits Assorted Fresh Fruits *Italian Wrap	WG Cheese Pizza 25 Baked Beans Steamed Broccoli Assorted Chilled Fruits Assorted Fresh Fruits *Spicy Chicken Patty on a Roll
Hot Dog On a Roll 28 Potato Puffs Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits *Chicken Patty on a Roll	Taco w/Meat & Shredded Cheese 29 Lettuce & Tomato Refried Beans Carrot Sticks Assorted Fruits Fresh Fruit *Chicken & Bacon Wrap	Popcorn Chicken 30 WG Biscuit Seasoned Corn Carrot Sticks Assorted Fruits Fresh Fruit *Italian Wrap	Rotini w/Meatsauce 31 Homemade Roll Collard Greens Assorted Fruits Fresh Fruit *Spicy Chicken Patty on a Roll	Breadsticks w/Meatsauce 1 Seasoned Green Beans Carrot Sticks Assorted Fruits Fresh Fruit *Turkey & Cheese Sub

*Chef Salad Available Daily

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