

Essex County High School September Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 Labor Day "No School"	Hot Dog On a Roll Potato Puffs Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits	3 Taco's w/Meat & Shredded Cheese Nacho's w/Cheesesauce Lettuce & Tomato Refried Beans Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits	4 Popcorn Chicken w/Biscuit Seasoned Corn Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits	5 Breadsticks w/Marinara Sauce Seasoned Green Beans Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits
9 Hamburger Patty on a Roll Baked Beans Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits	10 Hot Ham & Cheese Sandwich California Blend Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits	11 Macaroni & Cheese Garlic Bread Mixed Vegetables Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits	12 Chicken Nuggets WG Roll Mashed Potatoes Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits	13 WG Pepperoni Pizza Fresh Broccoli w/FF Ranch Dip Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits
16 Corn Dog & Biscuit French Fries Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits	17 Chicken Wing Pizza Steamed Broccoli Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits	18 Spaghetti w/Meatsauce Bread Stick or Texas Toast Romaine Salad w/Dressing Green Beans Assorted Chilled Fruits Assorted Fresh Fruits	19 Chicken Fajita Brown Rice Refried Beans Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits	20 Shrimp Poppers WG Roll Chef Salad Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits
23 Grilled Cheese Sandwich Tomato Soup Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits	24 Chicken Tenders WG Roll or Biscuit Potato Puffs Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits	25 Breakfast for Lunch French Toast Sticks Sausage Patty Hash Browns Carrot Sticks Assorted Fruit Juice Assorted Fresh Fruits	26 Oven Baked Chicken WG Roll Glazed Carrots Cucumber Slices Assorted Chilled Fruits Assorted Fresh Fruits	27 WG Cheese Pizza Baked Beans Steamed Broccoli Assorted Chilled Fruits Assorted Fresh Fruits
30 Hot Dog On a Roll Potato Puffs Carrot Sticks Assorted Chilled Fruits Assorted Fresh Fruits				

***Chef Salad Available Daily**

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

Monday Alternate:

- Turkey & Cheese Wrap
- Italian Sub
- Chicken Patty on a WG Bun
- Lettuce & Tomato Boat

Tuesday Alternate:

- Ham & Cheese Wrap
- Roast Beef Sub
- Cheeseburger on a Roll
- Lettuce & Tomato Boat

Wednesday Alternate:

- Chicken Bacon Wrap
- Ham & Cheese Sub
- Spicy Chicken Patty on a Roll
- Lettuce & Tomato Boat

Thursday Alternate:

- Turkey & Cheese Wrap
- Italian Sandwich
- Cheese Steak Sub
- Lettuce & Tomato Boat

Friday Alternate:

- Ham & Cheese Wrap
- Turkey Sub
- Fish Sandwich or BBQ Pork Patty/Roll
- Lettuce & Tomato Boat