

# Essex High School February Lunch Menu

<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>	
Hot Dog On a Roll	3	Soft Taco w/Meat & Cheese	4	Spicy Popcorn Chicken	5	Sloppy Joe on a WG Bun	6	Breadsticks w/Marinara Sauce	7
Potato Puffs		Lettuce & Tomato		Biscuit		Sweet Potato Fries		Seasoned Green Beans	
Carrot Sticks		Refried Beans		Seasoned Corn		Collard Greens		Carrot Sticks	
Assorted Fruits		Assorted Fruits		Lima Beans		Assorted Fruits		Assorted Fruits	
Fresh Fruit		Fresh Fruit		Assorted Fruits		Fresh Fruit		Fresh Fruit	
				Fresh Fruit					
Turkey & Cheese Sub		*Italian Wrap		*Ham & Cheese Sub		*Chicken & Bacon Wrap		*Fish Sandwich	
Cheeseburger on a Roll	10		11	Chicken Nuggets	12	Macaroni & Cheese	13	WG Pepperoni Pizza	14
Baked Beans		Homemade Roll		WG Biscuit		Garlic Bread		Fresh Broccoli w/FF Ranch Dip	
Carrot Sticks		California Blend		Mashed Potatoes		Mixed Vegetables		Glazed Carrots	
Assorted Fruits		Tossed Salad/Dressing		Carrot Sticks		Seasoned Peas		Assorted Fruits	
Fresh Fruit		Assorted Fruits		Assorted Fruits		Assorted Fruits		Fresh Fruit	
		Fresh Fruit		Fresh Fruit		Fresh Fruit			
*Turkey & Cheese Wrap		*Spicy Chicken Patty on a Roll		*Philly Cheese Steak Sub		*Cheeseburger on a Roll		*Ham & Cheese Wrap	
Corn Dog Nuggets	17	Chicken Wing Pizza	18	"Breakfast for Lunch"	19	Chicken Fajitta	20	Shrimp Poppers	21
WG Biscuit		Tossed Salad/Dressing		French Toast Sticks w/Syrup		Brown Rice		WG Roll	
French Fries		Seasoned Peas		Sausage Patty		Refried Beans		Chef Salad	
Collard Greens		Assorted Fruits		Hash Browns		Carrot Sticks		Sweet Potato Fries	
Assorted Fruits		Fresh Fruit		Carrot Sticks		Assorted Fruits		Assorted Fruits	
Fresh Fruit				Assorted Fruit Juice		Fresh Fruit		Fresh Fruit	
				Fresh Fruit					
*Italian Sub		*Ham & Cheese Wrap		*Spicy Chicken Patty on a Roll		*Cheeseburger on a Roll		Breadsticks w/Marinara Sauce	
Grilled Cheese Sandwich	24	Chicken Tenders	25	Spaghetti w/Meatsauce	26	Pork Chop	27	WG Cheese Pizza	28
Tomato Soup		WG Biscuit		Homemade Roll		WG Roll		Baked Beans	
Carrot Sticks		Potato Puffs		Tossed Salad/Dressing		Glazed Carrots		Steamed Broccoli	
Assorted Fruits		Seasoned Peas		Seasoned Lima Beans		Beets		Assorted Fruits	
Fresh Fruit		Assorted Fruits		Assorted Fruits		Assorted Fruits		Fresh Fruit	
		Fresh Fruit		Fresh Fruit		Fresh Fruit			
*Chicken Patty on a Bun		*Ham & Cheese Sub		*Chicken Bacon Wrap		*Italian Wrap		*Pork Rib Sandwich on a Bun	
*Chef Salad Available Daily									

\*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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