

# LUNCH

March 2014

Essex High School

Choose the following:

One Protein

One 8oz Milk

One Grain

Up to Two ½ C Fruit or Up to Two Fresh Fruit

Up to Two ½ C Vegetables

All meals MUST contain at least one 1/2C fruit and/or one 1/2C Vegetable



## \* monday

## \* tuesday

## \* wednesday

## \* thursday

## \* friday

Hot Dog on a WG Roll  
Potato Puffs  
Carrot Sticks  
Assorted Fruits  
Fresh Fruits

3

\*Turkey & Cheese Sub

Soft Taco w/ Meat, Cheese,  
Lettuce & Tomato  
Refried Beans  
Assorted Fruits  
Fresh Fruits

4

\*Italian Wrap

Spicy Popcorn Chicken  
WG Biscuit  
Seasoned Corn  
Lima Beans  
Assorted Fruits  
Fresh Fruits

5

\*Ham & Cheese Sub

Sloppy Joe on a WG Roll  
Sweet Potato Fries  
Collard Greens  
Assorted Fruits  
Fresh Fruits

6

\*Chicken & Bacon Wrap

WG Breadsticks w/Marinara  
Seasoned Green Beans  
Carrot Sticks  
Assorted Fruits  
Fresh Fruits

7

\*Fish Sandwich

Cheeseburger on WG Roll  
Baked Beans  
Carrot Sticks  
Assorted Fruits  
Fresh Fruits

10

\*Turkey & Cheese Wrap

Rotini w/Meat Sauce  
Homemade Roll  
California Blend Veggies  
Tossed Salad w/Dressing  
Assorted Fruits  
Fresh Fruits

11

\*Spicy Chicken Patty on a WG Bun

Chicken Nuggets  
WG Biscuit  
Mashed Potatoes  
Carrot Sticks  
Assorted Fruits  
Fresh Fruits

12

\*Philly Cheese Steak Sub

Macaroni & Cheese  
Garlic Bread  
Mixed Vegetables  
Seasoned Peas  
Assorted Fruits  
Fresh Fruits

13

\*Cheeseburger on a WG Bun

WG Pepperoni Pizza  
Fresh Broccoli w/Ranch Dip  
Glazed Carrots  
Assorted Fruits  
Fresh Fruits

14

\*Ham & Cheese Wrap

Corn Dog Nuggets  
WG Biscuit  
French Fries  
Collard Greens  
Assorted Fruits  
Fresh Fruits

17

\*Hot Dog on a WG Bun

Chicken Wing Pizza  
Tossed Salad w/Dressing  
Seasoned Peas  
Assorted Fruits  
Fresh Fruits

18

\*Ham & Cheese Wrap

**"Breakfast for Lunch"**  
**French Toast Sticks w/syrup**  
**Sausage Patty**  
**Hash Browns**  
**Carrot Sticks**  
**Assorted Fruit Juice/ Fresh Fruit**

19

\*Bologna & Cheese Sandwich

Chicken Fajita  
Brown Rice  
Refried Beans  
Carrot Sticks  
Assorted Fruits  
Fresh Fruits

20

\*Cheeseburger on a WG Bun

Shrimp Poppers  
WG Roll  
Chef Salad  
Sweet Potato Fries  
Assorted Fruits  
Fresh Fruits

21

\*Pork Rib Patty on a WG Roll

Grilled Cheese Sandwich  
Tomato Soup  
Carrot Sticks  
Assorted Fruits  
Fresh Fruits

24

\*Chicken Patty on a WG Bun

Chicken Tenders  
WG Biscuit  
Potato Puffs  
Seasoned Peas  
Assorted Fruits  
Fresh Fruits

25

\*Ham and Cheese Sub

Spaghetti w/Meat Sauce  
Homemade Roll  
Tossed Salad w/Dressing  
Seasoned Lima Beans  
Assorted Fruits  
Fresh Fruits

26

\*Chicken Bacon Wrap

Pork Chop  
Mac & Cheese  
Glazed Carrots  
Seasoned Lima Beans  
Assorted Fruits  
Fresh Fruits

27

\*Italian Wrap

WG Cheese Pizza  
Baked Beans  
Steamed Broccoli  
Assorted Fruits  
Fresh Fruits

28

\*Pork Rib Sandwich on a WG Bun

Hot Dog on a WG Roll  
Potato Puffs  
Carrot Sticks  
Assorted Fruits  
Fresh Fruits

31

\*Chicken Patty on a WG Bun

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

**\*Alternate Choice**

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