

# LUNCH

April 2014

Essex High School

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

\*Alternate Choice

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## \* monday

## \* tuesday

## \* wednesday

## \* thursday

## \* friday

1

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

\*Ham & Cheese Sub

2

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

\*Italian Wrap

3

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

\*Chicken & Bacon Wrap

4

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

\*Fish Sandwich

7

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

\*Hot Dog on WG Bun

8

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

\*Cheeseburger on a WG Bun

9

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

\*Philly Cheese Steak Sub

10

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

\*Spicy Chicken Patty on a WG Bun

11

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

\*Ham & Cheese Wrap

14

SPRING BREAK  
NO SCHOOL

15

SPRING BREAK  
NO SCHOOL

16

SPRING BREAK  
NO SCHOOL

17

SPRING BREAK  
NO SCHOOL

18

SPRING BREAK  
NO SCHOOL

21

Grilled Cheese Sandwich  
Tomato Soup  
Carrot Sticks  
Assorted Fruits  
Fresh Fruits

\*Chicken Patty on a WG Bun

22

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

\*Ham and Cheese Sub

23

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

\*Chicken Bacon Wrap

24

Pork Chop  
Mac & Cheese  
Glazed Carrots  
Beets  
Assorted Fruits  
Fresh Fruits

\*Italian Wrap

25

WG Cheese Pizza  
Baked Beans  
Steamed Broccoli  
Assorted Fruits  
Fresh Fruits

\*Pork Rib Sandwich on a WG Bun

28

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

\*Chicken Patty on a WG Bun

29

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

\*Ham & Cheese Sub

30

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

\*Bologna & Cheese Sandwich

**Choose the following:**

- One Protein
- One 8oz Milk
- One Grain
- One 1/2 C Fruit or One Fresh Fruit
- One or Two 1/2 C Vegetables

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

