

LUNCH

May 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

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



Choose MyPlate.gov

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

5

*Hot Dog on WG Bun

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

6

*Cheeseburger on a WG Bun

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

7

*Philly Cheese Steak Sub

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

1

*Chicken & Bacon Wrap

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

2

*Fish Sandwich

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

12

*Italian Sub

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

13

*Ham & Cheese Wrap

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

14

*Bologna & Cheese Sandwich

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

15

*Cheeseburger on a WG Bun

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

16

*Pork Rib Patty on a WG Roll

Grilled Cheese Sandwich
Tomato Soup
Carrot Sticks
Assorted Fruits
Fresh Fruits

19

*Chicken Patty on a WG Bun

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

20

*Ham and Cheese Sub

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

21

*Chicken Bacon Wrap

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

22

*Italian Wrap

WG Cheese Pizza
Steamed Broccoli
Beets
Assorted Fruits
Fresh Fruits

23

*Pork Rib Sandwich on a WG Bun

Memorial Day

26



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

27

*Italian Wrap

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

28

*Ham & Cheese Sub

NEW Beef BBQ on WG Roll
Sweet Potato Fries
Collard Greens
Assorted Fruits
Fresh Fruits

29

*Chicken & Bacon Wrap

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

30

*Fish Sandwich