

LUNCH

June 2014

Essex High School

School Information:

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

*Alternate Choice

Non-discrimination Statement: "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

☀️ monday

Cheeseburger on a WG Bun **2**
Baked Beans
Carrot Sticks
Assorted Fruits
Fresh Fruits
*Chicken & Bacon Wrap

☀️ tuesday

Chicken Patty on a WG Bun **3**
Sweet Potato Fries
Green Peas
Assorted Fruits
Fresh Fruits
*Hot Dog on a WG Bun

☀️ wednesday

WG Mozzarella Dippers **4**
w/ Marinara
California Blend Veggies
Tossed Salad w/Dressing
Assorted Fruits
Fresh Fruits
*Fish Sandwich

☀️ thursday

Pork BBQ on WG Bun **5**
French Fries
Cole Slaw
Assorted Fruits
Fresh Fruits
*Ham & Cheese Wrap

☀️ friday

NEW WG Uno's **6**
Pepperoni Pizza
Fresh Broccoli w/Ranch Dip
Glazed Carrots
Assorted Fruits
Fresh Fruits
*Pork Rib Sandwich

Chicken Salad Sandwich **9**
On WG Croissant
Lettuce & Tomato
Carrot Sticks
Assorted Fruits
Fresh Fruits
*Corn Dog Nuggets

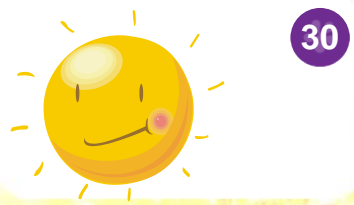
Taco w/Meat, Cheese, **10**
Lettuce & Tomato
Black Beans
Assorted Fruits
Fresh Fruits
*Chicken & Bacon Wrap

"Breakfast for Lunch" **11**
Scrambled Eggs
Sausage Patty
Hash Browns, Carrot Sticks
WG Biscuit
Assorted Fruits
Fresh Fruits
*Italian Wrap

Spicy Popcorn Chicken **12**
WG Biscuit
Corn
Lima Beans
Assorted Fruits
Fresh Fruits
*Ham & Cheese Sub

Chicken Nuggets **13**
Baked Fries
Steamed Broccoli
Assorted Fruits
Fresh Fruits
*Manager's Choice

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SCHOOL'S OUT
FOR SUMMER!



Lunch Fact
95% of Americans still aren't eating enough whole grain. Whole grains give kids the energy they need to be active and play sports! Look on our menu for the WG in front of all breads and grains that are Whole Grain Enriched!
Reference: U.S. Department of Health and Human Services and U.S. Department of Agriculture Dietary Guidelines for Americans, 2010.

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



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