

All lunches come with fruit, juice, milk, and all you think you can eat veggie bar. For nutritional information please visit our website <http://www.ewsd.org/lunch>

MARCH 2018

Essex High School

Lunch Prices:
 Student \$3.25 and \$4.50
 Adults: \$4.00 and \$4.75
 Beverages: Milk \$0.75

Monday

Panini

5

Turkey Monterey with Pepper Jack & Spicy Ranch
Baked Ham with Cheddar & Honey Mustard
Caprese with Tomato, Mozzarella & Pesto

Served with Caesar Salad

Meatball Sub

12

Topped with Marinara & Mozzarella Cheese

Chicken Parmesan Sandwich

Topped with Marinara & Provolone Cheese

Baked Wraps

19

Meatball Wrap with Marinara & Mozzarella Cheese
BBQ Chicken Wrap with Cheddar Cheese
Chicken Fajita Wrap with Cheddar Cheese, Peppers & Onions

Served with Caesar Salad

Turkey Dinner

26

Roast Turkey, Gravy, Cornbread Stuffing, Mashed Potatoes, Roasted Corn & Cranberry Sauce

Tuesday

EHS Burger

6

With Buffalo Mayo
Burger Bar: Tomatoes, Red Onion, Jalapenos, Pickles, Lettuce & Peppers

BBQ Pulled Pork Sandwich

With Cheddar Cheese

EHS Burger

13

With Buffalo Mayo
Burger Bar: Tomatoes, Red Onion, Jalapenos, Pickles, Lettuce & Peppers

French Toast Sticks

With Maple Syrup

EHS Burger

20

With Buffalo Mayo
Burger Bar: Tomatoes, Red Onion, Jalapenos, Pickles, Lettuce & Peppers

BBQ Pulled Pork Sandwich

With Cheddar Cheese

EHS Burger

27

With Buffalo Mayo
Burger Bar: Tomatoes, Red Onion, Jalapenos, Pickles, Lettuce & Peppers

French Toast Sticks

With Maple Syrup

Wednesday

Taqueria Essex

7

Choice: Taco Bowl, Wrap, Nachos or Tacos
Hot Sides: Taco Meat, Chicken, Refried Beans, Peppercorn, Peppers, Onions, Black Beans
Cold Sides: Salsa, Pico, Cheddar Cheese, Guacamole, Red Onion, Tomatoes, Shredded Lettuce & Sour Cream

Taqueria Essex

14

Choice: Taco Bowl, Wrap, Nachos or Tacos
Hot Sides: Taco Meat, Chicken, Refried Beans, Peppercorn, Peppers, Onions, Black Beans
Cold Sides: Salsa, Pico, Cheddar Cheese, Guacamole, Red Onion, Tomatoes, Shredded Lettuce & Sour Cream

Taqueria Essex

21

Choice: Taco Bowl, Wrap, Nachos or Tacos
Hot Sides: Taco Meat, Chicken, Refried Beans, Peppercorn, Peppers, Onions, Black Beans
Cold Sides: Salsa, Pico, Cheddar Cheese, Guacamole, Red Onion, Tomatoes, Shredded Lettuce & Sour Cream

Taqueria Essex

28

Choice: Taco Bowl, Wrap, Nachos or Tacos
Hot Sides: Taco Meat, Chicken, Refried Beans, Peppercorn, Peppers, Onions, Black Beans
Cold Sides: Salsa, Pico, Cheddar Cheese, Guacamole, Red Onion, Tomatoes, Shredded Lettuce & Sour Cream

Thursday

Winter Break

1

Penne Pasta & Homemade

Meatballs

with Marinara

BBQ Chicken Sandwich

With Cheddar Cheese

Hot Dog

15

All Beef Frank with Whole Grain Bun
Macaroni & Cheese
 Made with a Blend of American & Cheddar Cheese & Vermont Milk
 Served with Caesar Salad

General Tso's Chicken

Vegetable Fried Rice, Vegetable Egg Roll & Fortune Cookie

Spaghetti & Homemade

29

Meatballs

with Marinara

BBQ Chicken Sandwich

With Cheddar Cheese

Friday

Winter Break

2

Flatbread Pizzas

Choice of: Buffalo Chicken, Meat lovers, Pesto Caesar Chicken

Served with Caesar Salad

Flatbread Pizzas

16

Choice of: Pepperoni, Chicken Bacon, Buffalo Chicken

Served with Caesar Salad

No School

23

Flatbread Pizzas

30

Choice of: Pepperoni, Chicken Bacon, Buffalo Chicken

Served with Caesar Salad

Veggie Bar Options

Sliced Cucumbers
 Carrots
 Tomatoes
 Celery
 Broccoli
 Green Peas

Veggie Bar con't

Edamame Beans
 Garbanzo Beans
 Croutons
 Cottage Cheese
 Tuna Pasta Salad
 Harvest Salad of the Month

Lettuce Options

Salad Mix or
 Spring Mix

