



**November 2020
Lunch Menu
Essex Community School**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Menu Subject to Change Without Notice	All Meals Served with Milk White 1%-Skim Choc- Fat Free			
1	2 Mandarin Orange Chicken- Rice-1/2c Green Beans-1/2c Pineapple-1/2c	3 Pancakes-3.03oz Yogurt-4oz Tri-tater-1 Banana-1 Juice (9-12)	4 Chicken Patty- 3.29oz Corn-1/2c Pears-1/2c	5 Spaghetti w Meat Sauce-3/4c Garden Salad-1c Breadstick-1.09oz Mandarin Oranges-1/2c	6 Ham Sandwich-1 Corn Chips-1oz Mixed Veggies- 1/2c Apple Crisps-.34oz	7
8	9 Baked Cheese Sticks-2.01oz Marinara Sauce Tossed Salad-1c Banana-1	10 Popcorn Chicken- 2/3c Garlic Potatoes- 1/2c Mixed Fruit-1/2c	11 Cheese Pizza- 5.05oz Lettuce Salad-1c Pineapple-1/2c	12 Chicken Nuggets- 5 Tater Gems-1/2c Applesauce-1/2c	13 Uncrustable PBJ- 2.6oz String Cheese-1oz Baby Carrots-1/2c Fruit Cup-1/2c	14
15	16 Corndog-4oz Baked Beans-1/2c Banana-1 Graham Crackers- 1oz	17 Ham & Cheese Panini-1 Cottage Cheese- 1/4c. Tri-tater-1 Pears-1/2c	18 Chili-6oz Celery Sticks-4 Cinnamon Roll Peaches-1/2c Tortilla Chips-1oz (9-12)	19 Hamburger-3oz Bun-2oz Corn-1/2c Mandarin Oranges-1/2c	20 Uncrustable PBJ- 2.6oz String Cheese-1oz Sidekick-4oz Pineapple Cup- 1/2c	21
22	23 Chicken Tetrazzini-3/4c Baby Carrots-1/2c Breadstick-1.09oz Mandarin Oranges-1/2c	24 Turkey Roast-4oz Mashed Potatoes- 1/2c Gravy-2oz Graham Crackers- 1oz Peaches-1/2c	25 Hot Dog-1 Bun-1 String Cheese-1oz Baked Beans-1/2c Pears-1/2c	26 Thanksgiving	27 No School	28
29	30 Meatball Sub-1 Ranch Potatoes- 1/2c Garden Salad-1c Peaches-1/2c					

This institution is an equal opportunity provider