



**November 2018  
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			
				<b>1</b> <b>NO SCHOOL</b>	<b>2</b> <b>NO SCHOOL</b>	<b>3</b>
<b>4</b>	<b>5</b> Baked Cheese Sticks Marinara Sauce Tossed Salad Seasoned Corn Fruit Cocktail	<b>6</b> Super Nachos Romaine Lettuce Tomato Salsa Tortilla Chips Banana	<b>7</b> Cheese Pizza Broccoli Baby Carrots Hummus Pineapple <b>Fruit Crisp (6-12)</b>	<b>8</b> Chicken Nuggets Brown Rice Cherry Tomatoes Celery Sticks Applesauce	<b>9</b> Ham & Cheese Sandwich Hash Brown patty Baby Carrots Pears	<b>10</b>
<b>11</b>	<b>12</b> Chicken Drumstick Mashed Potatoes Gravy Banana	<b>13</b> Pepperoni Pizza Corn Celery Sticks Peaches Choc. Chip Cookie	<b>14</b> Hamburger/Bun Broccoli Creamy Cole Slaw Pears	<b>15</b> Chicken Tetrizzini Steamed Carrots Broccoli Breadstick Mandarin Oranges	<b>16</b> Sloppy Joe on Bun Sw. Potato Puffs Cucumber Slices Applesauce	<b>17</b>
<b>18</b>	<b>19</b> Chicken Wrap Spanish Brown Rice Lettuce Salad Cherry Tomato Pineapple	<b>20</b> Turkey Roast Mashed Potatoes Gravy Green Beans Breadstick Strawberry Cup	<b>21</b> Peanut Butter & Jelly Sandwich Baby Carrots Broccoli Florets Applesauce	<b>22</b> <b>NO SCHOOL</b> <b>HAPPY THANKSGIVING</b>	<b>23</b> <b>NO SCHOOL</b>	<b>24</b>
<b>25</b>	<b>26</b> Mini Meatball Sub Ranch Potatoes Garden Salad Applesauce Choc. Chip Cookie	<b>27</b> Popcorn Chicken Baked Beans Creamy Cole Slaw Baby Carrots Banana <b>W. Gr. Roll (6-12)</b>	<b>28</b> Super Nachos Tortilla Chips Salsa Refried Beans Pears	<b>29</b> Pepperoni Pizza Sugar Snap Peas Hash Brown Patty Mandarin Oranges	<b>30</b> White Chicken Chili Cornbread Muffin Cherry Tomatoes Cucumber Slices Peaches	

**This institution is an equal opportunity provider**

