



October 2020

Essex Community School District
Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Meals Served with Milk: White 1%-Skim Choc. Fat Free	Menu Subject To Change Without Notice				
				1	2	3
				Mandarin Chicken-Rice-1/2c Broccoli-1/2c Pineapple-1/2c	Uncrustable PBJ-2.6 oz String Cheese-1oz Baby Carrots-1/2c Apple Crisps-.34oz	
4	5	6	7	8	9	10
	Chicken Quesadilla-4.41oz Lettuce Salad-1c Ranch Cup-1oz Peaches-1/2c	Cheese Omelet-2.1oz Yogurt-4oz Tri-tater-1 Applesauce-4oz Muffin-2oz	Chili-3/4c Breadstick-1.09oz Cucumber Slices & Celery Sticks-1/2c Strawberry Cup-4oz	BBQ Rib Shape-3.10 Bun-2oz Corn-1/2c Mandarin Oranges-1/2c	Ham & Cheese Sandwich-1 Corn Chips-1oz Mixed Veggies-1/2c Pears-1/2c	
11	12	13	14	15	16	17
	Mini Corndogs-6 Corn-1/2c Banana-1 Graham Crackers-.78oz	Meatball Sub-1 Fresh Veggies-1/2c Pineapple-1/2c	Chicken Patty-3.29oz Bun-2oz Roasted Red Potatoes-1/2c Grapes-1/2c	Spaghetti w/Meat Sauce-1c Garden Salad-1c Breadstick-1.09oz Applesauce-1/2c	Baked Cheese Sticks-2.1oz Baby Carrots-1/2c Mixed Fruit-1/2c	
18	19	20	21	22	23	24
	Chicken Nuggets-5 Garlic Potatoes-1.2c Banana-1	Turkey & Cheese Sandwich-1 Broccoli & Baby Carrots-1/2c Mandarin Oranges-1/2c	Taco Salad-1 Lettuce-1c Tomatoes-1/4c Tortilla Chips-1oz Peaches-1/2c	Sausage Pancake Stick-2.51oz Yogurt-4oz Tri-tater-1 Muffin-2oz Mixed Fruit-1/2c	Uncrustable PBJ-2.6oz String Cheese-1oz Sidekick-1/2c Applesauce-1/2c	
25	26	27	28	29	30	31
	Super Nachos Tortilla Chips Lettuce Salad Banana	Chicken Chili Crispito-3.46oz Garden Salad-1c Ranch Cup-1oz Pears-1/2c	Breaded Pork Sandwich-1 Baby Carrots-1/2c Peaches-1/2c	NO SCHOOL	NO SCHOOL	

This institution is an equal opportunity provider