



October 2019

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	Extra Fruit/Veggies Most Days Grades 6-12 Reduced Fat Dressings			
		1 Hamburger Bun Green Beans Peaches	2 Pulled Pork Sandwich Baked Beans Mandarin Oranges	3 Cheese Quesadilla Tortilla Chips Salsa Corn Pears	4 Mini Corndogs Tater Tots Applesauce Cookie	5
6	7 Pepperoni Pizza Lettuce Salad Fresh Veggies Peaches	8 Cheese Omelet Sausage Patty Yogurt Tri-tater Applesauce Muffin	9 Chili Tortilla Chips (9-12) Cucumber Slices Celery Sticks Strawberry Cup Cinnamon Roll	10 BBQ Rib Shape Bun Oven Fries Peas Mandarin Oranges	11 No School	12
13	14 Baked Cheese Sticks Corn Mandarin Oranges Graham Crackers	15 Meatball Sub Fresh Veggies Pineapple	16 PBJ Sandwich Roasted Red Potatoes Fresh Veggies Grapes Cookie	17 Spaghetti w/Meat Sauce Garden Salad Breadstick Applesauce	18 Taco Salad & Tortilla Chips Red Bell pepper Strips Refried Beans Romaine Lettuce Peaches	19
20	21 Chicken Nuggets Mashed Potatoes Gravy Green Beans Banana	22 Turkey & Cheese Sandwich Broccoli Baby Carrots Applesauce	23 White Chicken Chili Cornbread Muffin Steamed Carrots Peaches	24 No School	25 No School	26
27	28 Super Nachos Tortilla Chips Lettuce Salad Banana	29 Chicken Chili Crispito Garden Salad Baby Carrots Pears	30 Country Style Beef Pattie W.W. Roll & Jelly (9-12) Mashed Potatoes Gravy Peaches	31 Beef & Bean Burrito Tortilla Chips (9-12) Tomato Salsa Mexican Corn Mandarin Oranges		

This institution is an equal opportunity provider