

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>

# APRIL 2019

## Essex High School

**Lunch Price: Student \$3.25/\$4.50 Adult \$4.00/\$4.75**  
**Beverages: Milk \$0.75 Juice \$0.75**  
**This institution is an equal opportunity provider**

### Monday

**VT Meatballs** 1  
**Or Eggplant Parmesan**  
With Penne Pasta and Marinara  
**Chicken Bacon Sandwich**  
With Cheddar Cheese  
*Served with Caesar Salad*

**Chicken** 8  
**Or Eggplant Parmesan**  
With Penne Pasta and Marinara  
**Pulled Pork Hoagie**  
With Cheddar Cheese & Coleslaw  
*Served with Caesar Salad*

**VT Meatballs** 15  
**Or Eggplant Parmesan**  
With Penne Pasta and Marinara  
**Island Chicken Wrap**  
Jerk Chicken and Pepper Jack Cheese  
*Served with Caesar Salad*

**Spring Break  
No School** 22

**Chicken** 29  
**Or Eggplant Parmesan**  
With Penne Pasta and Marinara  
**Chicken Tandoori Sandwich**  
With Fresh Cilantro, Mango Salsa and Grilled Naan Bread  
*Served with Caesar Salad*

### Tuesday

**EHS Burger** 2  
**or Black Bean Burger**  
**Burger Bar:** Buffalo Mayo, American Cheese, Tomatoes, Red Onion, Jalapenos, Pickles, Lettuce and Peppers  
**Baked Corn Dog**  
*Served with Baked French Fries*

**EHS Burger** 9  
**or Black Bean Burger**  
**Burger Bar:** Buffalo Mayo, American Cheese, Tomatoes, Red Onion, Jalapenos, Pickles, Lettuce and Peppers  
**French Toast Sticks**  
Served with Tucker's VT Maple Syrup  
*Served with Baked French Fries*

**EHS Burger** 16  
**or Black Bean Burger**  
**Burger Bar:** Buffalo Mayo, American Cheese, Tomatoes, Red Onion, Jalapenos, Pickles, Lettuce and Peppers  
**Baked Corn Dog**  
*Served with Baked French Fries*

**Spring Break  
No School** 23

**EHS Burger** 30  
**or Black Bean Burger**  
**Burger Bar:** Buffalo Mayo, American Cheese, Tomatoes, Red Onion, Jalapenos, Pickles, Lettuce and Peppers  
**French Toast Sticks**  
Served with Tucker's VT Maple Syrup  
*Served with Baked French Fries*

### Wednesday

**Taqueria Essex** 3  
**Choice:** Tortilla Wrap, Nachos, Tacos  
**Hot Sides:** Taco Meat, Chicken, Refried Beans, Peppercorn, Peppers, Onions, Black Beans  
**Cold Sides:** Salsa, Pico, Cheddar, Guacamole, Red Onion, Tomatoes, Shredded Lettuce and Sour Cream

**Taqueria Essex** 10  
**Choice:** Tortilla Wrap, Nachos, Tacos  
**Hot Sides:** Taco Meat, Chicken, Refried Beans, Peppercorn, Peppers, Onions, Black Beans  
**Cold Sides:** Salsa, Pico, Cheddar, Guacamole, Red Onion, Tomatoes, Shredded Lettuce and Sour Cream

**Taqueria Essex** 17  
**Choice:** Tortilla Wrap, Nachos, Tacos  
**Hot Sides:** Taco Meat, Chicken, Refried Beans, Peppercorn, Peppers, Onions, Black Beans  
**Cold Sides:** Salsa, Pico, Cheddar, Guacamole, Red Onion, Tomatoes, Shredded Lettuce and Sour Cream

**Spring Break  
No School** 24



### Thursday

**Flatbread Pizzas** 4  
**Choice of:** Cheese, Buffalo Chicken, Pepperoni or Pesto Chicken  
*Served with Baked French Fries*

**Rotini Alfredo** 11  
**Choice of:** Chicken or Broccoli Spears  
**Falafel Wrap**  
With Tzatziki Sauce  
*Served with Caesar Salad*

**Assorted Paninis** 18  
**Choice of:** Cordon Bleu, Caprese or Turkey Monterey  
*Served with Baked French Fries*

**Spring Break  
No School** 25



### Friday

**Macaroni & Cheese Bar** 5  
**Choice of:** Classic, Buffalo Chicken, BBQ Chicken or Broccoli  
*Served with Garlic Bread Sticks*

**Grilled Cheese Day** 12  
**Choice of:** Mushrooms & Pesto, Pepperoni & Marinara and Cheese  
*Served with Baked French Fries*

**Chef Choice** 19

**Spring Break  
No School** 26

#### AVAILABLE DAILY

Vermont Fat Free Chocolate or White Milk, 100% Fruit Juices (Apple, Fruit Punch, Orange), Water, Fresh Seasonal Fruit, Raisins, Dried Mixed Fruit

#### Offered Daily on Grinder Line

Chicken Tenders, Buffalo Chicken Tenders, Assorted Pizza, Grab & Go Sandwiches & Salads