

All lunches come with fruit, juice, milk, and veggie bar
 For nutritional information please visit our website
<http://www.ewsd.org/lunch>

DECEMBER 2018

ESSEX HIGH SCHOOL

Lunch Prices:
 Student: \$3.25 and \$4.50 Adults: \$4.00 and \$4.75 Milk: \$0.75
 This institution is an equal opportunity provider

Monday

Misty Knoll Farms **3**
 Jamaican Jerk Chicken Drummers
 Served with Coconut Rice and
 Caribbean Black Beans
Pulled Pork Sandwich
 Served with Pineapple Cole Slaw

Asian Bar **10**
 Sesame Ginger Chicken or Sweet &
 Sour Chicken, Stir Fried Vegetables,
 Vegetable Egg Roll
Served over Noodles or Rice

Grilled Cheese Day **17**
 Choice of: Tuscan Grilled Cheese, with
 Pesto Mayo and Tomatoes
 Or
 Turkey & Bacon Grilled Cheese with
 Spicy Mayo
Served with Warm Tomato Soup

No School

No School

Tuesday

EHS Burger **4**
 Burger Bar: Buffalo Mayo, American
 cheese, Tomatoes, Red Onion, Jalapenos,
 Pickles, Lettuce and Peppers
Corn Dog
Served with Baked French Fries

EHS Burger **11**
 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 **18**
 Burger Bar: Buffalo Mayo, American
 cheese, Tomatoes, Red Onion,
 Jalapenos, Pickles, Lettuce and Peppers
Corn Dog
 Farm Fresh Acorn Squash
Served with Baked French Fries

No School

Wednesday

Taqueria Essex **5**
 Choice: Tortilla Wrap, Nachos, Tacos
 Hot Sides: Taco Meat, Chicken, Refried
 Beans, Peppered Corn, Peppers, Onions,
 Black Beans
 Cold Sides: Salsa, Pico, Cheddar,
 Guacamole, Red Onion, Tomatoes,
 Shredded Lettuce and Sour Cream

Taqueria Essex **12**
 Choice: Tortilla Wrap, Nachos, Tacos
 Hot Sides: Taco Meat, Chicken, Refried
 Beans, Peppered Corn, Peppers, Onions,
 Black Beans
 Cold Sides: Salsa, Pico, Cheddar,
 Guacamole, Red Onion, Tomatoes,
 Shredded Lettuce and Sour Cream

Taqueria Essex **19**
 Choice: Tortilla Wrap, Nachos, Tacos
 Hot Sides: Taco Meat, Chicken, Refried
 Beans, Peppered Corn, Peppers, Onions,
 Black Beans
 Cold Sides: Salsa, Pico, Cheddar,
 Guacamole, Red Onion, Tomatoes,
 Shredded Lettuce and Sour Cream

No School

Thursday

Beef Goulash **6**
 Baked pasta in a savory meat sauce
Lasagna Rollup
 Made with a Blend of Herbed Ricotta and
 Mozzarella Cheese; Topped with Marinara
 Farm Fresh Delicata Squash
Served with Caesar Salad

Holiday Dinner **13**
 Roasted Turkey, Gravy, Cornbread
 Stuffing, Steamed Corn, Cranberry
 Sauce and Apple Crisp
Served with Mashed Potatoes

Pasta Bar **20**
 Marinara, Meat Sauce, or
 Chicken Broccoli Alfredo
 Served over Spaghetti
Served with Caesar Salad

No School

Friday

Calzones **7**
 Choice of:
 Buffalo Chicken, Pepperoni, Cheese,
 Broccoli
Served with Caesar Salad

Turkey Holiday Pie **14**
 With Mashed Potatoes, Corn, and
 Gravy
Chicken Parma Sandwich
 Served with Waffle Fries

Flatbread Pizzas **21**
 Choice of:
 Buffalo Chicken, Pepperoni or
 Cheese
Served with Caesar Salad

No School



Offered Daily

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