

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