

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>

# MARCH 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

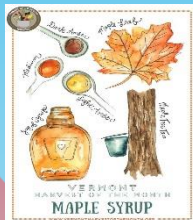
### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



#### AVAILABLE DAILY

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

**Winter Break**  
**No School**

**VT Meatballs** **4**  
**Or Eggplant Parmesan**  
With Penne Pasta and Marinara  
**Chicken Bacon Sandwich**  
With Cheddar Cheese  
**Served with Caesar Salad**

**EHS Burger** **5**  
**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**

**Taqueria Essex** **6**  
**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

**Flatbread Pizzas** **7**  
**Choice of:** Cheese, Buffalo Chicken, Pepperoni or Pesto Chicken  
**Served with Baked French Fries**

**Macaroni & Cheese Bar** **8**  
**Choice of:** Classic, Buffalo Chicken, BBQ Chicken or Broccoli  
**Served with Garlic Bread Sticks**

**Chicken** **11**  
**Or Eggplant Parmesan**  
With Penne Pasta and Marinara  
**Pulled Pork Hoagie**  
With Cheddar Cheese & Coleslaw  
**Served with Caesar Salad**

**EHS Burger** **12**  
**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**

**Taqueria Essex** **13**  
**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

**Noodle Bowl** **14**  
**Broth Choice:** Veggie or Chicken  
**Protein Choice:** Chicken, Pulled Pork or Tofu  
**Veggies:** Scallions, Carrots, Mushrooms, Broccoli Slaw

**Grilled Cheese Day** **15**  
**Choice of:** Mushrooms & Pesto, Pepperoni & Marinara and Cheese  
**Served with Baked French Fries**

**VT Meatballs** **18**  
**Or Eggplant Parmesan**  
With Penne Pasta and Marinara  
**Island Chicken Wrap**  
Jerk Chicken and Pepper Jack Cheese  
**Served with Caesar Salad**

**EHS Burger** **19**  
**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**

**Taqueria Essex** **20**  
**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

**Falafel Wrap** **21**  
With Tzatziki Sauce  
**Buffalo Chicken Pasta**  
**Served with Garlic Bread Sticks**

**Assorted Paninis** **22**  
**Choice of:** Cordon Bleu, Caprese or Turkey Monterey  
**Served with Baked French Fries**

**Chicken** **25**  
**Or Eggplant Parmesan**  
With Penne Pasta and Marinara  
**Chicken Tandoori Sandwich**  
With Fresh Cilantro, Mango Salsa and Grilled Naan Bread  
**Served with Caesar Salad**

**EHS Burger** **26**  
**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**

**Taqueria Essex** **27**  
**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

**Spaghetti Day** **28**  
With Meat Sauce or Vegetarian Style Marinara  
**Served with Garlic Bread Sticks**

**Flatbread Pizzas** **29**  
**Choice of:** Cheese, Buffalo Chicken, Pepperoni or Pesto Chicken  
**Served with Baked French Fries**

#### Offered Daily on Grinder Line

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

