

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

# FEBRUARY 2019

## 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      Tuesday      Wednesday      Thursday      Friday



**1**  
**Chef Special**

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

**5**  
**EHS Burger or Black Bean**  
**Burger Bar:** Buffalo Mayo, American Cheese, Tomatoes, Red Onion, Jalapenos, Pickles, Lettuce and Peppers  
**Baked Corn Dog**  
 Served with Baked French Fries

**6**  
**Taqueria Essex**  
**Choice:** Tortilla Wrap, Nachos, Tacos  
**Hot Sides:** Taco Meat, Chicken, Refried Beans, Pepered Corn, Peppers, Onions, Black Beans  
**Cold Sides:** Salsa, Pico, Cheddar, Guacamole, Red Onion, Tomatoes, Shredded Lettuce and Sour Cream

**7**  
**Buffalo Chicken Pasta**  
**Falafel Wrap**  
 With Tzatziki Sauce  
 Served with Garlic Bread Sticks

**8**  
**Assorted Paninis**  
**Choice of:** Cordon Bleu, Caprese or Turkey Monterey  
 Served with Baked French Fries

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

**12**  
**EHS Bacon Cheddar**  
**Burger Burrito**  
 With a Nacho Cheese Sauce  
**French Toast Sticks**  
 Served with Tucker's VT Maple Syrup  
 Served with Baked French Fries

**13**  
**Taqueria Essex**  
**Choice:** Tortilla Wrap, Nachos, Tacos  
**Hot Sides:** Taco Meat, Chicken, Refried Beans, Pepered Corn, Peppers, Onions, Black Beans  
**Cold Sides:** Salsa, Pico, Cheddar, Guacamole, Red Onion, Tomatoes, Shredded Lettuce and Sour Cream

**14**  
**Flatbread Pizzas**  
**Choice of:** Cheese, Buffalo Chicken, Pepperoni or Pesto Chicken  
 Served with Baked French Fries

**15**  
**Macaroni & Cheese Bar**  
**Choice of:** Classic, Buffalo Chicken, BBQ Chicken or Broccoli  
 Served with Garlic Bread Sticks

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

**19**  
**EHS Burger or Falafel**  
**Burger Bar:** Buffalo Mayo, American Cheese, Tomatoes, Red Onion, Jalapenos, Pickles, Lettuce and Peppers  
**Baked Corn Dog**  
 Served with Baked French Fries

**20**  
**Taqueria Essex**  
**Choice:** Tortilla Wrap, Nachos, Tacos  
**Hot Sides:** Taco Meat, Chicken, Refried Beans, Pepered Corn, Peppers, Onions, Black Beans  
**Cold Sides:** Salsa, Pico, Cheddar, Guacamole, Red Onion, Tomatoes, Shredded Lettuce and Sour Cream

**21**  
**Chicken & Waffles**  
 With a Honey Sriracha Drizzle  
**Monte Cristo Sandwich**  
 Ham and Swiss Cheese  
 Served with Roasted Potatoes

**22**  
**Chef Special**

**25**  
**VACATION**

**26**  
**VACATION**

**27**  
**VACATION**

**28**  
**VACATION**

**Offered Daily on Grinder Line**  
 Chicken Tenders, Buffalo Chicken Tenders, Assorted Pizza, Grab & Go Sandwiches & Salads

