

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

# JANUARY 2019

## 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

### Tuesday

### Wednesday

### Thursday

### Friday



**NO SCHOOL** 1

**Loaded Nachos** 2  
 Choice of: Chicken, Beef or Black Beans  
 Nacho Cheese Sauce  
**Cold Sides:** Salsa, Pico, Cheddar, Guacamole, Red Onion, Tomatoes, Shredded Lettuce and Sour Cream  
 Served with Caesar Salad

**Pasta Day** 3  
 Meatballs and Vegetarian Marinara or Chicken Broccoli Alfredo  
 Served with Garlic Bread Sticks

**Flatbread Pizzas** 4  
 Choice of: Buffalo Chicken, Meat Lovers or Veggie  
 Served with Caesar Salad

**Philly Cheese Steak** 7  
 Peppers, Onions and Cheddar Cheese  
**Fish Tacos**  
 With a Cilantro- Lime Slaw, Chipotle Cream  
 Served with Mashed Potatoes

**EHS Burger** 8  
**Burger Bar:** Buffalo Mayo, American Cheese, Tomatoes, Red Onion, Jalapenos, Pickles, Lettuce and Peppers  
**Corn Dog**  
 Served with Baked French Fries

**Taqueria Essex** 9  
 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

**Chicken & Waffles** 10  
 With a Honey Sriracha Drizzle  
**Monte Cristo Sandwich**  
 Ham and Swiss Cheese  
 Served with Baked French Fries

**Calzones** 11  
 Choice of: Buffalo Chicken, Pepperoni, Broccoli, Cheese  
 Farm Fresh Lemon~Herb Roasted Beets  
 Served with Caesar Salad

**Exam Week** 14  
**Grinder Line**  
 Chicken Tenders, Patties, Assorted Pizza, Burgers, Grab & Go Salads & Sandwiches  
 Served with Tater Tots

**Exam Week** 15  
**Grinder Line**  
 Chicken Tenders, Patties, Assorted Pizza, Burgers, Grab & Go Salads & Sandwiches  
 Served with Baked Fries

**Exam Week** 16  
**Grinder Line**  
 Chicken Tenders, Patties, Assorted Pizza, Burgers, Grab & Go Salads & Sandwiches  
 Served with Tater Tots

**Exam Week** 17  
**Grinder Line**  
 Chicken Tenders, Patties, Assorted Pizza, Burgers, Grab & Go Salads & Sandwiches  
 Served with Baked Fries

**Exam Week** 18  
**Grinder Line**  
 Chicken Tenders, Patties, Assorted Pizza, Burgers, Grab & Go Salads & Sandwiches  
 Served with Tater Tots

**NO SCHOOL** 21

**EHS Bacon Cheddar Burger Burrito** 22  
 With a Nacho Cheese Sauce  
**French Toast Sticks**  
 Served with Tucker's VT Maple Syrup  
 Served with Baked French Fries

**Taqueria Essex** 23  
 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

**Macaroni & Cheese Bar** 24  
 Choice of: Classic, Buffalo Chicken, BBQ Chicken, or Broccoli  
 Served with Garlic Bread Sticks

**Calzones** 25  
 Choice of: Buffalo Chicken, Pepperoni, Broccoli, Cheese  
 Farm Fresh Balsamic Glazed Beets  
 Served with Caesar Salad

**Noodle Bowl** 28  
**Broth Choice:** Veggie or Chicken  
**Protein Choice:** Chicken, Pulled Pork or Tofu  
**Veggies:** Scallions, Carrots, Mushrooms, Broccoli Slaw  
 Served over Noodles

**French Toast Sticks** 29  
 Served with Tucker's VT Maple Syrup  
**EHS Signature Burger**  
**Burger Bar:** Buffalo Mayo, American Cheese, Tomatoes, Red Onion, Jalapenos, Pickles, Lettuce and Peppers  
 Served with Baked French Fries

**Taqueria Essex** 30  
 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** 31  
 Choice of: Pepperoni, Buffalo Chicken or Pesto Chicken  
 Served with Caesar Salad

### Offered Daily

VT Sweet Potato Burger, VT Falafel Burger, Chicken Tenders, Chicken Patties, Assorted Pizza, Buffalo Chicken Tenders, Grab & Go Sandwiches and Salads

