



ESSEX NORTH SHORE

AGRICULTURAL & TECHNICAL SCHOOL

January 2021 School Lunch Menu

Serving Healthy Meals for Healthy Bodies & Minds

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	Additional Daily Options Fruit & Yogurt Parfaits/Granola Gluten Free
<p>4</p> <p>Chicken Finger Bowl Whipped Potatoes Green Beans Wheat Dinner Roll Apple</p>	<p>5</p> <p>Mozzarella Sticks Oven Fries Mixed Veggie Cape Cod Chips</p>	<p>6</p> <p>Cheese Steak Sub Onion & Peppers Steamed Carrots Apple</p>	<p>7</p> <p>BBQ Chicken Brown Rice Peas Wheat Dinner Roll</p>	<p>8</p> <p>Individual Pizzas Cheese, Pepperoni, Veggie Red & Green Pepper Slices Fresh Fruit</p>	
<p>11</p> <p>Meatball Sub Oven Fries 3 Beans Salad Cape Cod Chips</p>	<p>12</p> <p>Taco Tuesday Seasoned Beef Lettuce & Tomatoes Cheese, Onions Sour Cream Salsa</p>	<p>13</p> <p>Baked Macaroni Wheat Dinner Roll Green Beans Apple</p>	<p>14</p> <p>Fish Sandwich Cheese Homemade Cole Slaw Steamed Carrots Tartar Sauce</p>	<p>15</p> <p>Chicken Parm. Wheat Roll Brown Rice Corn</p>	



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18 No School	19 Hamburger/ Cheeseburger Lettuce & Tomatoes Tater Tots	20 Chicken & Waffles Chicken Tenders Oven-Baked Hash Browns Sauces & Syrup	21 Whole Grain Pasta Meat/Meatless Sauce Green Beans Wheat Dinner Roll	22 Stuffed-Crust Pizza Cheese or Pepperoni Pizza on WG Crust Steamed Mixed Veggie	
25 Chicken Parm Sub Sweet Potatoes Mixed Veggies	26 Shepard's Pie Seasoned Beef Mashed Potatoes Corn/ Gravy Wheat Dinner Roll	27 BBQ Ribs Brown Rice Steamed Carrots Wheat Roll	28 Chicken, Broccoli Ziti Wheat Dinner Roll Apple	29 Homemade Chili Nacho Chips Red & Green Pepper\Slices Ranch Dressing	
All Meals include Fresh Fruit, Vegetable & Milk This institution is an equal opportunity provider. Menu Subject to Change.				Give yourself the goodness of whole grains. Make at least half of the grains you eat whole grains such as bread, tortillas, pasta, and cereals. heart and digestion, and can help you maintain a healthy weight and good overall health.	