



# ESSEX NORTH SHORE

## AGRICULTURAL & TECHNICAL SCHOOL

### May 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>	<b>Additional Daily Options</b>
<p><b>3</b></p> <p>Hamburger/ Cheeseburger</p> <p>Lettuce &amp; Tomato</p> <p>Baked Potato Wedges</p> <p>Fresh Fruit</p>	<p><b>4</b></p> <p>Shepherd's Pie</p> <p>Whipped Potato</p> <p>Corn</p> <p>Wheat Dinner Roll</p>	<p><b>5</b></p> <p>Whole Wheat Pasta</p> <p>Meat/Meatless Sauce</p> <p>Breadsticks</p> <p>Green Beans</p>	<p><b>6</b></p> <p>Taco Salad</p> <p>Seasoned Beef</p> <p>Lettuce, Tomatoes, Onions</p> <p>Salsa, Sour Cream</p>	<p><b>7</b></p> <p>Cheese Pizza / Pepperoni</p> <p>Whole Grain Crust</p> <p>Mixed Vegetables</p>	<p>Fruit &amp; Yogurt</p> <p>Parfaits/Granola</p> <p>Gluten Free</p>
<p><b>10</b></p> <p>Meatball Marinara</p> <p>Green Beans</p> <p>Cape Cod Chips</p> <p>Chocolate Pudding</p>	<p><b>11</b></p> <p>Whole Grain French Toast Sticks</p> <p>Sausage Patty</p> <p>Home Fries</p> <p>Warm Apples Slices</p>	<p><b>12</b></p> <p>Chicken Finger Bowl</p> <p>Brown Rice</p> <p>Steamed Carrots</p> <p>Wheat Dinner Roll</p>	<p><b>13</b></p> <p>Taco Burritos</p> <p>Lettuce &amp; Tomato</p> <p>Cheese</p> <p>Cape Cod Chips</p>	<p><b>14</b></p> <p>Chicken Parm Sandwich</p> <p>Red &amp; Green Pepper Slices</p> <p>Ranch Dressing</p>	



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<p><b>17</b></p> <p>Chicken Patty Dinner Brown Rice Green Beans Wheat Dinner Roll</p>	<p><b>18</b></p> <p>Spaghetti &amp; Meatballs Carrots Wheat Dinner Roll Apple Slices</p>	<p><b>19</b></p> <p>Pancakes Pork Sausage Patty Seasoned Home Fries Warm Apple Slices</p>	<p><b>20</b></p> <p>Chicken Fiesta Mixed Veggie Brown Rice</p>	<p><b>21</b></p> <p>Whole Grain Crust Ind. Round Pizza Cheese/Veggie Red &amp; Green Pepper Slices Ranch Dressing</p>	
<p><b>24</b></p> <p>Chicken Patty Dinner Brown Rice Green Beans Wheat Dinner Roll</p>	<p><b>25</b></p> <p>Taco Burritos Lettuce &amp; Tomato Cheese Cape Cod Chips</p>	<p><b>26</b></p> <p>Baked Macaroni Carrots Wheat Dinner Roll Apples Slices</p>	<p><b>27</b></p> <p>Chicken, Broccoli Ziti Wheat Dinner Roll</p>	<p><b>28</b></p> <p>Early Release</p>	
<p><b>All Meals include: Fresh Fruit, Vegetable, &amp; Milk</b> This institution is an equal opportunity provider. Menu Subject to Change.</p>				<p>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.</p>	