



ESSEX NORTH SHORE

AGRICULTURAL & TECHNICAL SCHOOL

November 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
1 B.B. Ribs Brown Rice Green beans Wheat Roll	2 Sheppard Pie Seasoned Meat Whipped Potatoes Corn	3 Taco Salad Seasoned Beef Lettuce, Tomatoes, Onions Salsa, Sour Cream	4 Chicken Patty Dinner Brown Rice Corn Wheat Dinner Roll	5 Grill Cheese Sweet Potato Fries Red & Green Pepper Slices Ranch Dressing	Fruit & Yogurt Parfaits/Granola Gluten Free
8 Meatball Marinara Sub Sweet Potatoes Green Beans Cape Cod Chips	9 Chicken Alfredo Wheat Dinner Roll Broccoli	10 Baked Potato Choice of Seasoned Beef Broccoli, Cheese, Sour Cream	11 No School	12 Pizza Variety Cheese, Veggie, Buffalo Chicken Red & Green Pepper Slices Ranch Dressing	



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15 Hamburger/Cheeseburger Steamed Carrots Lettuce & Tomatoes Apples	16 Hot Turkey Sandwich Whipped potato Corn Wheat Dinner Roll	17 Mexican Bean and Rice Casserole Salsa Sour Cream Mixed Veggies	18 Chicken Broccoli & Ziti Breadstick Chocolate Pudding	19 Spicy Chicken Parm Sub Wheat Roll Green Beans Apple	
22 Chicken Finger Bowl Whipped Potato Corn WW Roll	23 Fish Filet W/Cheese Green Beans Cheddar Goldfish	24 Baked Macaroni Carrots Wheat Dinner Roll Fresh Fruit	25 No School	26 No School	
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.	



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Meatball Marinara Sub Brown Rice Green Beans Fresh Fruit	30 Baked Ziti Mixed Veggies WW Dinner Roll Apple			
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