



ESSEX NORTH SHORE

AGRICULTURAL & TECHNICAL SCHOOL

January 2022 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 |
|--|---|--|---|--|--|
| 3 Baked Ziti Mixed Veggies WW Dinner Roll Apple | 4 Chicken Parm Sandwich Caesar Salad Red & Green Pepper Slices Ranch Dressing Cape Cod Chip | 5 Pizza Crunchers Oven Baked Wedges Sweet Peas | 6 Sheppard Pie Seasoned Meat Whipped Potatoes Corn Wheat Dinner Roll | 7 Pulled Pork Sandwich Sweet Potato Fries Broccoli Cape Cod Chips | |
| 10 Meatball Marinara Sub Green Beans Chocolate Pudding Cape Cod chips | 11 Taco Salad Seasoned Beef Lettuce, Tomatoes, Onions Salsa, Sour Cream | 12 Baked Macaroni Steamed Carrots Wheat Dinner Roll Apple | 13 Chicken & Waffles Belgium Waffle Maple Syrup Home fries | 14 Pizza Variety Cheese, Veggie, Buffalo Chicken Red & Green Pepper Slices Ranch Dressing | |



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|--|--|---|---|--|--|
| 17 No School | 18 Chicken Finger Bowl Whipped Potatoes Corn Wheat Dinner Roll Apple | 19 Fish Filet W/Cheese Green Beans Cheddar Goldfish | 20 Turkey Burgers Lettuce & Tomatoes Brown Rice Sweet peas | 21 Grilled Cheese Tater Tots Red & Green pepper Slices Ranch Dressing | |
| 24 Hamburger/Cheeseburger Green Beans Lettuce & Tomato Sweet Potato Fries | 25 Chicken Alfredo Wheat Dinner Roll Corn | 26 Baked Potato Bar Choice of Seasoned Beef Broccoli, Cheese, Sour Cream | 27 American Chop Suey Steamed Carrots Wheat Dinner roll Apple | 28 Pizza Variety Cheese, Veggie, Buffalo Chicken 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. | |



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|---|----------------|--|--|---|
| <p>31</p> <p>BBQ Ribs</p> <p>Brown Rice</p> <p>Green Beans</p> <p>Wheat Dinner Roll</p> | | | | |
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