



ESSEX NORTH SHORE

AGRICULTURAL & TECHNICAL SCHOOL

May 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
2 American Chop Suey Green Beans Wheat Dinner roll Apple	3 Chicken Finger Bowl Whipped Potatoes Corn Wheat Dinner Roll Apple	4 Grilled Cheese Tater Tots Red & Green pepper Slices Ranch Dressing	5 B.B. Ribs Brown Rice Corn Wheat Roll	6 Chicken Parm Sandwh Caesar Salad Red & Green Pepper Slices Ranch Dressing Cape Cod Chip	Additional Daily Options Fruit & Yogurt Parfaits/ Granola Gluten Free
9 Hamburger/ Cheeseburger Green Beans Lettuce & Tomato Sweet Potato Fries	10 Sheppard Pie Seasoned Meat Whipped Potatoes Corn Wheat Dinner Roll	11 Chicken Broccoli & Ziti Breadstick Chocolate Pudding	12 Stir Fried Chicken Brown Rice Mixed Veggies Wheat Dinner Roll	13 Pizza Variety Cheese, Veggie, Buffalo Chicken Side Salad Goldfish Crackers	



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<p>16</p> <p>Meatball Marinara Sub</p> <p>Sweet Potatoes</p> <p>Sweet Peas</p> <p>Cape Cod Chip</p>	<p>17</p> <p>Taco Salad</p> <p>Seasoned Beef</p> <p>Lettuce, Tomatoes, Onions</p> <p>Salsa, Sour Cream</p>	<p>18</p> <p>Pizza Variety</p> <p>Cheese, Veggie, Buffalo Chicken</p> <p>Side Salad</p> <p>Goldfish Crackers</p>	<p>19</p> <p>Pulled Pork</p> <p>Brown Rice</p> <p>Corn</p> <p>Fresh Fruit</p>	<p>20</p> <p>Fish Filet</p> <p>W/Cheese</p> <p>Green Beans</p> <p>Cheddar Goldfish</p>	
<p>23</p> <p>Turkey Burgers</p> <p>Lettuce & Tomatoes</p> <p>Brown Rice</p> <p>Sweet peas</p>	<p>24</p> <p>Baked Potato Bar</p> <p>Choice of Seasoned Beef</p> <p>Broccoli, Cheese, Sour Cream</p>	<p>25</p> <p>Colossal Pancakes w/ Fruit Toppings</p> <p>Sausage Links</p> <p>Home fries</p>	<p>26</p> <p>Chicken & Waffles</p> <p>Belgium Waffle</p> <p>Maple Syrup</p> <p>Home fries</p>	<p>27</p> <p>Early Release</p>	
<p>All Meals include: Fresh Fruit, Vegetable & Milk</p> <p>This institution is an equal opportunity provider.</p> <p>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>	



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<p>30</p> <p>Memorial Day</p> <p>No School</p> <p>Memorial Day</p> <p>No School</p>	<p>31</p> <p>Chicken Stir Fry</p> <p>Asian Style Vegetables/ with</p> <p>Steamed carrots</p> <p>Noodles</p>			
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