





ESSEX NORTH SHORE

AGRICULTURAL & TECHNICAL SCHOOL

November 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>	
<p>14 BBQ Pulled chicken mashed potato Mixed vegetables Panini</p>	<p>15 Pasta Alfredo Dinni Roll Panini</p>	<p>16 Chicken and waffle Vegetable Panini</p>	<p>17 Chicken Quesadilla Panini</p>	<p>18 (Yaroa) Beef cheese and french fries Pizza</p>	<p><i>Additional Daily Option</i></p> <p>Fruit & Yogurt Parfaits/Granola</p> <p>Two types of salads, sandwich and gluten free option options</p>
<p>21 Popcorn chicken cacciatore On Rice Pilaf Panini</p>	<p>22 Pasta Pomodoro Carrot Panini</p>	<p>23 No School</p>	<p>24 <i>Thanksgiving</i></p>	<p>25 No School</p>	
<p>All Meals include Fresh Fruit, Vegetable & Milk 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. 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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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	
<p>28 Chicken Bowl served with Mashed Potato and Corn Panini</p>	<p>29 Spanish Rice Fried Chicken Mix Vegetable Panini</p>	<p>30 American Chop suey Dinni Roll Panini</p>	<p>01 Cheeseburgers Fries & Mix Vegetable Panini</p>	<p>02 Chicken Quesadilla Pizza</p>	<p><i>Additional Daily Option</i></p> <p>Fruit & Yogurt Parfaits/Granola</p>
<p>05 Fish filet Sandwich w/coleslaw & mixed vegetables Panini</p>	<p>06 Chili And Cheese With Fries Panini and vegetable</p>	<p>07 Chicken Pot pie and Biscuit Panini</p>	<p>08 Spaghetti/ Meatballs with Vegetable and Dinner Roll Panini</p>	<p>09 Beef Quesadilla Pizza</p>	
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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	
<p>12 General chicken and fried rice Panini</p>	<p>13 Penne Bolognese Panini</p>	<p>14 Pull Pork and mashed Potato Corn Panini</p>	<p>15 Sweet & Sour Chicken w/Peppers & onions & Rice Panini</p>	<p>16 (Yaroa) Beef, cheese and fried Pizza</p>	<p><i>Additional Daily Option</i></p> <p>Fruit & Yogurt Parfaits/Granola</p> <p>Two types of salads, sandwich and gluten free option options</p>
<p>19 Chicken and waffle Vegetable Panini</p>	<p>20 BBQ Chicken Rice Pilaf Veg. Panini</p>	<p>21 Spaghetti/ Meatballs with Vegetable and Dinner Roll Panini</p>	<p>22 Chef Especial</p>	<p>23 Half Day</p>	
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December / 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>	
26 No School	27 No School	28 No School	29 No School	30 No School	<p><i>Additional Daily Option</i></p> <p>Fruit & Yogurt Parfaits/Granola</p> <p>Two types of salads, sandwich and gluten free option options</p>
01 No School	02 No School	03 Popcorn chicken cacciatore On Rice Pilaf Panini	04 Sweet & Sour Chicken w/Peppers & onions & Rice Panini	05 Pork chop with Mashed Potato Pizza	
<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. Grains such as bread, tortillas, pasta, and cereals. heart and digestion, and can help you maintain a healthy weight and good overall health.</p>	