





ESSEX NORTH SHORE

AGRICULTURAL & TECHNICAL SCHOOL

August/September 2023 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>28 No School</p>	<p>29 No School</p>	<p>30 Cheeseburger with Fries Panini</p>	<p>31 Mac and Cheese with vegetables Dinner Roll Panini</p>	<p>01 No School</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>04 Labor Day NO School</p>	<p>05 Ham Fry Rice Panini</p>	<p>06 Turkey Taco Panini</p>	<p>07 Hamburger Helper Dinner Roll Panini</p>	<p>08 Garlic Butter Pasta Pizza</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>11</p> <p>Chicken Parm with Mashed Potatoes Panini</p>	<p>12</p> <p>Fried Chicken with Fries Panini</p>	<p>13</p> <p>Pasta tossed in tomato sauce Dinner Roll Panini</p>	<p>14</p> <p>Cheeseburger with Fries Panini</p>	<p>15</p> <p>Chicken mashed potatoes and corn 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>18</p> <p>General Chicken and fried rice Panini</p>	<p>19</p> <p>Hamburger Helper Dinner Roll Panini</p>	<p>20</p> <p>Fried Chicken mashed potatoes and vegetables Panini</p>	<p>21</p> <p>Sweet & Sour Chicken w/peppers, onions and rice Panini</p>	<p>22</p> <p>Pasta tossed in a garlic butter with broccoli Dinner Roll Pizza</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. 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>25</p> <p>Cheeseburger with Fries</p> <p>Panini</p>	<p>26</p> <p>Chicken Parm with Mashed Potatoes</p> <p>Panini</p>	<p>27</p> <p>Mac and Cheese with vegetables</p> <p>Dinner Roll</p> <p>Panini</p>	<p>28</p> <p>Chicken in a Chili Sweet Sauce with rice</p> <p>Panini</p>	<p>29</p> <p>Chicken Taco with Fries</p> <p>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>02</p> <p>BBQ Chicken with Mashed Potatoes</p> <p>Panini</p>	<p>03</p> <p>Hamburger Helper</p> <p>Dinner Roll</p> <p>Panini</p>	<p>04</p> <p>Fried Chicken with Fries</p> <p>Panini</p>	<p>05</p> <p>Sweet & Sour Chicken w/peppers, onions and rice</p> <p>Panini</p>	<p>06</p> <p>Pasta tossed in tomato sauce</p> <p>Dinner Roll</p> <p>Pizza</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. Grains such as bread, tortillas, pasta, and cereals. heart and digestion, and can help you maintain a healthy weight and good overall health.</p>	

May 2023 School Lunch Menu





ESSEX NORTH SHORE

AGRICULTURAL & TECHNICAL SCHOOL

October 2023 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>09 BBQ Chicken mashed potatoes mixed vegetables Panini</p>	<p>10 Beef Stew with a biscuit Panini</p>	<p>11 Chicken and Waffle with vegetables Panini</p>	<p>12 Pasta Pomodoro with carrots Panini</p>	<p>13 Beef with cheese, peppers, onions over 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>16 Italian Sausage with Fries and vegetables Panini</p>	<p>17 Chicken Taco bowl Panini</p>	<p>18 Pancake and sausages Panini</p>	<p>19 Hamburger Helper Panini</p>	<p>20 Mac and Cheese Pizza</p>	
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October/ November 2023 School Lunch Menu

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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	
<p>23 Orange Chicken Over the rice and vegetables, Panini</p>	<p>24 Turkey Dinner vegetables, Panini</p>	<p>25 Chicken, Broccoli, Ziti pasta Dinner Roll Panini</p>	<p>26 Spanish Rice and Fried Chicken with mixed vegetables Panini</p>	<p>27 Chicken mashed potatoes and corn Pizza</p>	<p><i>Additional Daily Option</i></p> <p>Fruit & Yogurt Parfaits/Granola</p> <p>Two types of salads, sandwich and gluten-free options</p>
<p>30 Popcorn Chicken Cacciatore on Rice Pilaf Panini</p>	<p>31 Chicken Parm with vegetables Panini</p>	<p>01 Mac and Cheese with vegetables Dinner Roll Panini</p>	<p>02 Hamburger with Fries Panini</p>	<p>03 Chicken Quesadilla Pizza</p>	
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