



October 2021

Essex Community School District  
Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Meals Served with Milk: White 1%-Skim Choc. Fat Free	Menu Subject To Change Without Notice	Grades 6-12 Additional Fruits & Vegetables Based on Availability			
					<b>1</b> Uncrustable PBJ String Cheese Baby Carrots Fruit Cup	<b>2</b>
<b>3</b>	<b>4</b> Grilled Cheese Sandwich Peas Pineapple	<b>5</b> Taco Salad Lettuce Tomatoes Tortilla Chips Peaches	<b>6</b> Cheese Omelet Yogurt Hash Brown Round Muffin Applesauce	<b>7</b> Popcorn Chicken Bowl: Chicken Mashed Potatoes Corn Mangoes	<b>8</b> Elementary: Uncrustable PBJ String Cheese Gr.6-12 Hamburger/Hotdog Baked Beans Fresh Veggies Mandarin Orange	<b>9</b>
<b>10</b>	<b>11</b> Corndog Corn Banana Graham Crackers	<b>12</b> Chicken Cheese Burrito Lettuce Salad Green Beans Pineapple	<b>13</b> Chili Cucumber Slices & Celery Sticks Peaches Cornbread	<b>14</b> Chicken Alfredo Garden Salad Breadstick Applesauce	<b>15</b> Turkey & Cheese Sandwich Corn Chips Mixed Veggies Mango Cup	<b>16</b>
<b>17</b>	<b>18</b> Pizza Corn Spinach Salad Apple	<b>19</b> Taco Refried Beans Lettuce Salad Peaches	<b>20</b> Chicken Sandwich Roasted Red Potatoes Strawberries	<b>21</b> Sausage Pancake Stick-2.51oz Yogurt-4oz Tri-tater-1 Muffin-2oz Mixed Fruit-1/2c	<b>22</b> Uncrustable PBJ-2.6oz String Cheese-1oz Sidekick-1/2c Applesauce-1/2c	<b>23</b>
<b>24/31</b>	<b>25</b> Super Nachos Tortilla Chips Lettuce Salad Banana	<b>26</b> Chicken Chili Crispito-3.46oz Garden Salad-1c Ranch Cup-1oz Pears-1/2c	<b>27</b> Breaded Pork Sandwich-1 Baby Carrots-1/2c Peaches-1/2c	<b>28</b> <b>Parent-Teacher Conferences</b>	<b>29</b> <b>NO SCHOOL</b>	<b>30</b>

This institution is an equal opportunity provider