







Nutrition Menu

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Menus are subject to change.</p> <p>Breakfast and lunch served with Chocolate or Skim, Low-fat, or 1% White Milk</p> <p>Essex is an Equal Opportunity Employer</p>						<p>1</p> <p>Breakfast: Cereal, apples</p> <p>Lunch: Uncrustable, mixed fruit, mixed vegetables</p> 
3	No School! 4	5	6	Happy Birthday Mrs. Johnson! 7	8	9
		<p>Breakfast: Pancakes, bananas</p> <p>Lunch: Spaghetti, broccoli, mixed fruit</p>	<p>Breakfast: Eggs and toast, pears</p> <p>Lunch: BBQ chicken bowls, mixed fruit, mixed vegetables</p>	<p>Breakfast: Yogurt parfait, berries</p> <p>Lunch: Lasagna, garlic bread, mixed vegetables, mixed fruit</p>	<p>Breakfast: Bagels, strawberries</p> <p>Lunch: Leftovers, mixed fruit, mixed vegetables</p>	
10	11	 Picture Day! 12	13	14	15	16
<p>Breakfast: Cereal, apples</p> <p>Lunch: Baked potato bar, mixed fruit, mixed vegetables</p>	<p>Breakfast: Cinnamon apple pancakes</p> <p>Lunch: Burgers, fries, mixed fruit</p>	<p>Breakfast: Muffins, string cheese, apples</p> <p>Lunch: Sub sandwiches, mixed fruit, mixed vegetables</p>	<p>Breakfast: Yogurt parfait, berries</p> <p>Lunch: Egg casserole, hash browns, mixed fruit</p>	<p>Breakfast: Breakfast sandwich, bananas</p> <p>Lunch: Leftovers, mixed fruit, mixed vegetables</p>		
17	18	19	20	21	22	23
<p>Breakfast: Cereal, mixed fruit</p> <p>Lunch: Hotdog bar, tots, mixed fruit</p>	<p>Breakfast: Waffles with blueberry syrup and bananas</p> <p>Lunch: Sloppy joes, mixed fruit, mixed vegetables</p>	<p>Breakfast: Muffins, string cheese, apples</p> <p>Lunch: Tacos, mixed vegetables, mixed fruit</p>	<p>Breakfast: Yogurt parfaits, berries</p> <p>Lunch: Pizza enchiladas, mixed fruit, mixed vegetables</p>	<p>Breakfast: Eggs and toast, apples</p> <p>Lunch: Leftovers, mixed vegetables, mixed fruit</p>		
24	25	26	27	28	29	30
<p>Breakfast: Cereal, bananas</p> <p>Lunch: BBQ pork sandwich, mixed vegetables, mixed fruit</p>	<p>Breakfast: Biscuits & gravy</p> <p>Lunch: Pizza, mixed fruit, mixed vegetables</p>	<p>Breakfast: Bagels and mixed fruit</p> <p>Lunch: Breakfast enchiladas, mixed fruit, mixed vegetables</p>	<p>Breakfast: Yogurt parfait, berries</p> <p>Lunch: Cilantro lime chicken salad, mixed fruit</p>	<p>Breakfast: Muffins, oranges</p> <p>Lunch: Leftovers, mixed fruit, mixed vegetables</p>		

