

Student Lunch \$2.85 Reduced Lunch \$0.40 Adult Lunch \$3.35

All Meals are Served with the Vegetable of the Day and/or a selection from the Harvest Market, Fruit of the Day, and Low Fat Milk Choice

Fast & Fresh Assorted Specialty Salads

Great Grillers Hamburger or Cheeseburger on a Bun
Chicken Patty on a Bun
Wrap of the Day

Deli Central Assorted Quality Deli Meats and Cheeses on Fresh Rolls, Breads, and Wraps with a Variety of Fresh Toppings

Harvest Market Carrot Sticks, Featured Salads, Bean Salad, or Veggie Dippers
Featured Daily

Our well-balanced lunches available for the week, average between **750-850 calories**, with **less than 10%** of total calories from **saturated fat** and **0 grams of trans fat!**

Connect with us!   

The Main Event

Monday Tuesday Wednesday Thursday Friday

We Hope You Enjoyed Your Summer Vacation!

				1	No School
4	Labor Day School Closed	5	No School	6	Welcome Back! Crispy Chicken BLT Sandwich Freshly Prepared Tomato & Cucumber Salad with Fresh Basil Watermelon Sorbet
				7	Pasta Bar With Marinara or Meat Sauce Italian Bread Caesar Salad Fresh or Chilled Fruit
				8	Calzone Freshly Prepared Garden Salad Fresh or Chilled Fruit
	11	12	13	14	15
	Rodeo Burger On a Bun with Onion Ring Potato Fresh or Chilled Fruit	Tacos with Taco Meat, Shredded Cheddar Cheese, Diced Tomatoes, Shredded Lettuce, and Salsa Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit	Creamy Macaroni & Cheese Sliced Fresh Baguette Steamed Broccoli Fresh or Chilled Fruit	Chicken Salad Sub Snack Bag Cole Slaw Fresh or Chilled Fruit	Bella's Cheese Pizza Freshly Prepared Mixed Greens Salad Fresh or Chilled Fruit
	18	19	20	21	22
	Fajita Soft Taco Rice Steamed Corn Fresh or Chilled Fruit	Meatball Sub Seasoned Potato Wedges Fresh or Chilled Fruit	Golden Grilled Cheese Three Bean Salad-Strawberry Applesauce Fresh or Chilled Fruit	 Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! [®] Tortilla Chips Steamed Corn Fresh or Chilled Fruit	Calzone Fresh Veggie Dippers Fresh or Chilled Fruit
	25	26	27	28	29
	Grilled Balsamic Chicken Hero with Roasted Red Peppers & Mozzarella Cheese Freshly Prepared Garden Salad Locally Grown Fresh Apple	Pasta Alfredo with Locally Grown Roasted Vegetables Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	Top Your Own Cheeseburger on a Bun with Assorted Toppings French Fries Locally Grown Cucumber & Tomato Salad Fresh or Chilled Fruit	Open Faced Roasted Turkey Mashed Potatoes with Gravy Green Beans Farm Fresh Fruit	Bella's Pizza New York Style Freshly Prepared Italian House Salad with Locally Grown Tomatoes Fresh or Chilled Fruit



Jersey Fresh Farm to School Week

MENU SUBJECT TO CHANGE

Questions or Concerns?

Please Email: jmccarten@essextech.org
Or Call Maschio's at: (973)412-2297 or 201-213-9438



"This institution is an equal opportunity provider"