

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	
	1 Rodeo Burger on a Bun with Onion Rings and BBQ Sauce Confetti Fries Fresh or Chilled Fruit National Hamburger Month	2 Crispy Chicken on a Biscuit with Honey Sriracha Sauce Spiral Fries Fresh or Chilled Fruit	3  Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit Warm Cinnamon Churro	4 Big Daddy Pizza Cucumber Coins Fresh or Chilled Fruit School Lunch Hero Day	
	7 Fajita w/ Chicken, Cheddar Cheese, over Rice w/ Tom. Lettuce, Salsa, Streamed Corn Fresh or Chilled Fruit	8 Pasta Primavera with Garden Vegetables Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 Hot Turkey Sub w/ Gravy Oven Baked Fries Fresh or Chilled Fruit	10 General Tso's Popcorn Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	11 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
	14 Meatless Monday Three Cheese Grilled Cheese Sandwich Freshly Prepared Country Slaw Fresh or Chilled Fruit	15 Open Faced Turkey Sandwich on Kaiser w/ Gravy Broccoli Italiano Fresh or Chilled Fruit	16 Managers Choice Salad Fresh or Chilled Fruit	17 Bacon, Chicken & Cheese Quesadilla with Salsa Black Bean & Corn Salad Fresh or Chilled Fruit National Salsa Month	18 Personal Pan Pizza Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit
	21 Crispy Chicken BLT Sandwich Potato Wedges Fresh or Chilled Fruit	22 Firecracker Burger on a Bun with Boom-Boom Sauce Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month	23 Pasta Bar with choice of Meat Sauce, Marinara or Alfredo Sliced Italian Bread Freshly Prepared Garden Salad Fresh or Chilled Fruit	24 Breakfast for Lunch Bacon, Egg & Cheese on a Croissant Hash Browns Fresh or Chilled Fruit National Egg Month	25 School Closed
	28  Memorial Day School Closed	29 California Burger w/ Lett. Tom Fresh or Chilled Fruit	30 New Recipe! Turkey & Cheese Panini with Chipotle Mayo Freshly Prepared Caesar Salad Fresh or Chilled Fruit	31 Managers Choice Fresh or Chilled Fruit	

Vegetarian Awareness 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