

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

2 Italian Hot Dog w/ Peppers and Onions Oven Baked Beans Cole Slaw Fresh or Chilled Fruit	3 Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Rice Steamed Corn Fresh Fruit or Chilled Juice	4 Crispy Chicken BLT Club Sandwich Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	5 Pasta Bar with choice of Marinara Sauce, Meat Sauce, or Alfredo Sauce Fresh Italian Bread Sautéed Spinach Fresh Fruit or Chilled Juice	6 Personal Pan Pizza Steamed Broccoli Fresh or Chilled Fruit	
9	Spring Recess! School Closed				13
16 Meatless Monday Cheese Lasagna Rollup with Marinara Sauce Fresh Italian Bread Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	17 Tuna Sub w/ Snack Bag Corn Salad Fresh Fruit or Chilled Juice	18 BBQ Chicken Dinner Roll Freshly Prepared Vegetable Pasta Salad Fresh or Chilled Fruit	19 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	20 Bella's Pizza New York Style Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit	
Eat the Colors of the Rainbow Week					
23 Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn, and Gravy Dinner Roll Fresh or Chilled Fruit	24 Pasta with Meatballs Fresh Italian Bread Freshly Prepared Italian House Salad Fresh Fruit or Chilled Juice	25 Chicken Hero with Peppers & Onions Oven Baked Fries Fresh or Chilled Fruit	26 Assorted Grilled Cheese Emoji Fries Fresh or Chilled Fruit	27 Pizza Crunchers with Marinara Sauce Freshly Prepared Garden Salad Fresh or Chilled Fruit	
30 Meatless Monday Caprese Panini with Mozzarella Cheese, Tomatoes, Basil, & Balsamic Glaze Italian-Style Potato Wedges Fresh or Chilled Fruit					

MENU SUBJECT TO CHANGE

Questions or Concerns?

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