

# Daily Choices for Lunch at Essex Educational Center Main Cafeteria

## From the Hot Line

Each meal offered with salad of the day

Choice of Fresh Fruit; Vermont Macintosh apple, Vermont Fresh Sliced Apple, Navel Orange, Kiwi,  
or other seasonally available fruit

Choice of milk; 1 % white, ½ % chocolate or skim

Choice of juice; apple, cranberry, orange, fruit punch or grape

- (1) \$2.75 Hot Lunch Item
- (2) Second offering at \$2.75 (occasionally)
- (3) \$3.95 Chef Specials
- (4) Second offering \$3.95 (occasionally)
- (5) Pro Foods II \$3.95 meal ( twice a week)

## From the Grinder Line

Each meal offered with salad of the day

Choice of Fresh Fruit; Vermont Macintosh apple, Vermont Fresh Sliced Apple, Navel Orange, Kiwi,  
or other seasonally available fruit

Choice of milk; 1 % white, ½ % chocolate or skim

Choice of juice; apple, cranberry, orange, fruit punch or grape

- (6) Chicken Patty Sandwich
- (7) Barbequed Boneless Pork Riblet hoagie
- (8) Meatball Grinder
- (9) Tuna Salad Grinder
- (10) Turkey Breast Grinder
- (11) Deli Baked Ham Grinder
- (12) Roast Beef Grinder
- (13) Egg Salad Grinder
- (14) Bologna Grinder
- (15) Salami Grinder
- (16) Italian Grinder
- (17) Veggie Grinder
- (18) Vegetable Burger Sandwich
- (19) Cheese Pizza
- (20) Pepperoni Pizza
- (21) Veggie Pizza
- (22) Meat Lovers Pizza
- (23) Chef Salad of the Day

All grinders and sandwiches made to order with choice of cheese; american, provolone ,  
swiss or mozzarella. Choice of veggies to include shredded lettuce, tomato, green pepper,  
onion, jalapeño pepper and banana pepper, Wheat or white roll.

## Snack Bar

Choice of Fresh Fruit; Vermont Macintosh apple, Vermont Fresh Sliced Apple, Navel Orange, Kiwi,  
or other seasonally available fruit

Choice of milk; 1 % white, ½ % chocolate or skim

Choice of juice; apple, cranberry, orange, fruit punch or grape

- (24) Sausage Bagel Sandwich
- (25) Cheese Bagel Sandwich
- (26) Ham and Cheese Bagel Sandwich