

Essex High School and Center for Technology Jan 30-Feb 3, 2012

Monday 1/30	Tuesday 1/31	Wednesday 2/1	Thursday 2/2	Friday 2/3
<p>Baked Chicken Nuggets ---</p> <p>Made to Order Grinders Turkey, Ham, Salami, Italian, Veggie, Egg Salad or Tuna Salad ---</p> <p>Wrap of the Day ---</p> <p>Grab and Go Salad Garden and Chef Salad ---</p> <p>Pizza Pepperoni, Cheese or Veggie ---</p> <p>Chicken Pattie ---</p> <p>Meatball Sub ---</p> <p>Riblet ---</p> <p>Vegan Garden Burger ---</p> <p>Daily Fruit and Veggies to Include- Apple, Orange, Kiwi, Sliced Pears, Pineapple Chunks, Apple Sauce, Cling Peaches, Mixed Fruit Cup, Sliced Apples, Cucumber Spears. Celery Sticks, Baby Carrots, Broccoli Florets, Romaine Lettuce, Green Leaf Lettuce, Green Peas, Green Beans, or Mixed Vegetables</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>French Toast Sticks w/ Syrup Sausage Link or Ham Pattie ---</p> <p>Made to Order Grinders Turkey, Ham, Salami, Italian, Veggie, Egg Salad or Tuna Salad ---</p> <p>Wrap of the Day ---</p> <p>Grab and Go Salad Garden and Chef Salad ---</p> <p>Pizza Pepperoni, Cheese or Veggie ---</p> <p>Chicken Pattie ---</p> <p>Meatball Sub ---</p> <p>Riblet ---</p> <p>Vegan Garden Burger ---</p> <p>Daily Fruit and Veggies to Include- Apple, Orange, Kiwi, Sliced Pears, Pineapple Chunks, Apple Sauce, Cling Peaches, Mixed Fruit Cup, Sliced Apples, Cucumber Spears. Celery Sticks, Baby Carrots, Broccoli Florets, Romaine Lettuce, Green Leaf Lettuce, Green Peas, Green Beans, or Mixed Vegetables</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>English Muffin Pizza and And Chicken Noodle Soup ---</p> <p>Made to Order Grinders Turkey, Ham, Salami, Italian, Veggie, Egg Salad or Tuna Salad ---</p> <p>Wrap of the Day ---</p> <p>Grab and Go Salad Garden and Chef Salad ---</p> <p>Pizza Pepperoni, Cheese or Veggie ---</p> <p>Chicken Pattie ---</p> <p>Meatball Sub ---</p> <p>Riblet ---</p> <p>Vegan Garden Burger ---</p> <p>Daily Fruit and Veggies to Include- Apple, Orange, Kiwi, Sliced Pears, Pineapple Chunks, Apple Sauce, Cling Peaches, Mixed Fruit Cup, Sliced Apples, Cucumber Spears. Celery Sticks, Baby Carrots, Broccoli Florets, Romaine Lettuce, Green Leaf Lettuce, Green Peas, Green Beans, or Mixed Vegetables</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>Nacho Day ---</p> <p>Made to Order Grinders Turkey, Ham, Salami, Italian, Veggie, Egg Salad or Tuna Salad ---</p> <p>Wrap of the Day ---</p> <p>Grab and Go Salad Garden and Chef Salad ---</p> <p>Pizza Pepperoni, Cheese or Veggie ---</p> <p>Chicken Pattie ---</p> <p>Meatball Sub ---</p> <p>Riblet ---</p> <p>Vegan Garden Burger ---</p> <p>Daily Fruit and Veggies to Include- Apple, Orange, Kiwi, Sliced Pears, Pineapple Chunks, Apple Sauce, Cling Peaches, Mixed Fruit Cup, Sliced Apples, Cucumber Spears. Celery Sticks, Baby Carrots, Broccoli Florets, Romaine Lettuce, Green Leaf Lettuce, Green Peas, Green Beans, or Mixed Vegetables</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>Friday Special Chef's Choice ---</p> <p>Made to Order Grinders Turkey, Ham, Salami, Italian, Veggie, Egg Salad or Tuna Salad ---</p> <p>Wrap of the Day ---</p> <p>Grab and Go Salad Garden and Chef Salad ---</p> <p>Pizza Pepperoni, Cheese or Veggie ---</p> <p>Chicken Pattie ---</p> <p>Meatball Sub ---</p> <p>Riblet ---</p> <p>Vegan Garden Burger ---</p> <p>Daily Fruit and Veggies to Include- Apple, Orange, Kiwi, Sliced Pears, Pineapple Chunks, Apple Sauce, Cling Peaches, Mixed Fruit Cup, Sliced Apples, Cucumber Spears. Celery Sticks, Baby Carrots, Broccoli Florets, Romaine Lettuce, Green Leaf Lettuce, Green Peas, Green Beans, or Mixed Vegetables</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>

CCSU FOOD SERVICE MAKES IT EASY AND DELICIOUS TO MAKE HEALTHY CHOICES! START YOUR DAY OUT RIGHT, EAT BREAKFAST. BREAKFAST IS SERVED DAILY.

Did you know? To reduce a child's chances of getting mercury poisoning do not serve them shark, swordfish, king mackerel or tilefish, which are the primary seafood known for containing mercury.