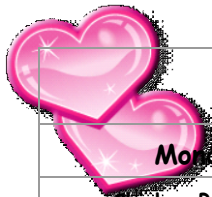


Essex High School and Center for Technology Feb 6-Feb 10, 2012



Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10
<p style="text-align: center;">Chicken Parm Sandwich ---</p> <p style="text-align: center;">Made to Order Grinders Turkey, Ham, Salami, Italian, Veggie, Egg Salad or Tuna Salad ---</p> <p style="text-align: center;">Wrap of the Day ---</p> <p style="text-align: center;">Grab and Go Salad Garden and Chef Salad ---</p> <p style="text-align: center;">Pizza Pepperoni, Cheese or Veggie ---</p> <p style="text-align: center;">Chicken Pattie ---</p> <p style="text-align: center;">Meatball Sub ---</p> <p style="text-align: center;">Riblet ---</p> <p style="text-align: center;">Vegan Garden Burger ---</p> <p style="text-align: center;">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 style="text-align: center;">Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p style="text-align: center;">Sheppard's Pie ---</p> <p style="text-align: center;">Made to Order Grinders Turkey, Ham, Salami, Italian, Veggie, Egg Salad or Tuna Salad ---</p> <p style="text-align: center;">Wrap of the Day ---</p> <p style="text-align: center;">Grab and Go Salad Garden and Chef Salad ---</p> <p style="text-align: center;">Pizza Pepperoni, Cheese or Veggie ---</p> <p style="text-align: center;">Chicken Pattie ---</p> <p style="text-align: center;">Meatball Sub ---</p> <p style="text-align: center;">Riblet ---</p> <p style="text-align: center;">Vegan Garden Burger ---</p> <p style="text-align: center;">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 style="text-align: center;">Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p style="text-align: center;">Beef Taco Shredded Lettuce, Diced Tomato, and Shredded Cheese ---</p> <p style="text-align: center;">Made to Order Grinders Turkey, Ham, Salami, Italian, Veggie, Egg Salad or Tuna Salad ---</p> <p style="text-align: center;">Wrap of the Day ---</p> <p style="text-align: center;">Grab and Go Salad Garden and Chef Salad ---</p> <p style="text-align: center;">Pizza Pepperoni, Cheese or Veggie ---</p> <p style="text-align: center;">Chicken Pattie ---</p> <p style="text-align: center;">Meatball Sub ---</p> <p style="text-align: center;">Riblet ---</p> <p style="text-align: center;">Vegan Garden Burger ---</p> <p style="text-align: center;">Daily Fruit and Veggies to Include- Apple, Orange, Kiwi, Sliced Pears, Pineapple Chunks, Apple Sauce, Cling Peaches, Mixed Fruit Cup, Sliced Apples, Cucumber Spears. 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Celery Sticks, Baby Carrots, Broccoli Florets, Romaine Lettuce, Green Leaf Lettuce, Green Peas, Green Beans, or Mixed Vegetables</p> <p style="text-align: center;">Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p style="text-align: center;">Friday Special Chef's Choice ---</p> <p style="text-align: center;">Made to Order Grinders Turkey, Ham, Salami, Italian, Veggie, Egg Salad or Tuna Salad ---</p> <p style="text-align: center;">Wrap of the Day ---</p> <p style="text-align: center;">Grab and Go Salad Garden and Chef Salad ---</p> <p style="text-align: center;">Pizza Pepperoni, Cheese or Veggie ---</p> <p style="text-align: center;">Chicken Pattie ---</p> <p style="text-align: center;">Meatball Sub ---</p> <p style="text-align: center;">Riblet ---</p> <p style="text-align: center;">Vegan Garden Burger ---</p> <p style="text-align: center;">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 style="text-align: center;">Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p> <p style="text-align: center;">Assorted Ice Cold Juice Skim Milk or Chocolate Milk</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.

