



Nutrition Menu

September 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|---|---|----------|
| | 1 | 10 AM Late Start 2 | 3 | 4 | Homecoming 5 | 6 |
| |  | Breakfast: Cereal, apples Lunch: Chipotle burrito bowl, black beans, corn, salad, salsa, watermelon, bananas | Breakfast: Omelets, biscuits, oranges Lunch: Uncrustable or turkey sandwich, apples, carrots, dragon juice | Breakfast: Yogurt parfaits, berries Lunch: Cuban sliders, cucumbers, red peppers, salad, peaches, bananas | Breakfast: Muffins, bananas Lunch: Hot dogs, burgers, potato salad, watermelon, street corn slaw | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | Breakfast: Biscuits & gravy, berries Lunch: Sub sandwich bar, salad, cucumbers, watermelon, cantaloupe, apples | Breakfast: Pancake sandwich, oranges Lunch: Chinese chicken rice bowl, peas, carrots, cucumbers, salad, dragon fruit, mixed fruit | Breakfast: French toast sticks, apples Lunch: Enchiladas, corn, beans, watermelon, apples, oranges | Breakfast: Yogurt parfait, berries Lunch: Chicken Caesar sandwiches, salad, cherry tomato, applesauce, fruit cup | Breakfast: Cereal, bananas Lunch: Jerk pork tacos, pineapple, apples, black beans, corn, mixed fruit | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | Breakfast: Muffins, applesauce Lunch: Pizza, broccoli, salad, peaches, apples, bananas | Breakfast: Strawberry bagel, smoothie Lunch: BBQ chicken burrito bowl, corn, salad, mixed fruit | Breakfast: Egg sandwich, mixed fruit Lunch: Super fries, black beans, corn, salad, watermelon | Breakfast: Yogurt parfait, berries Lunch: Chicken ramen pasta, peas, salad, red peppers, mixed fruit | Breakfast: Cereal, banana bread, apples, string cheese Lunch: Fish tacos, slaw, cucumbers, salad, dragon fruit, oranges | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | Breakfast: Cereal, apples Lunch: Baked potato bar, salad, mixed fruit, beans | Breakfast: French toast, strawberries Lunch: Penne beef pasta, roll, cucumbers, salad, mixed fruit | Breakfast: Pancake dog, berry salad Lunch: Pork loin, mashed potatoes, salad, roll, peas, mixed fruit | Breakfast: Parfait, berries Lunch: Spaghetti, roll, broccoli, salad, apples, oranges | Breakfast: Muffin, string cheese, apple Lunch: Potato soup, bread bowl, salad, berries, oranges | |
| 28 | 29 | 30 | Breakfast and lunch served with Chocolate or Skim, Low-fat, or 1% White Milk & 100 % Juice. Menus are subject to change. Essex is an Equal Opportunity Employer | | | |
| | Breakfast: Cereal, oranges Lunch: Salmon sushi bowl, edamame, avocado, cucumber, dragon fruit, apple | Breakfast: Pancakes, strawberries Lunch: Tater tot chicken pot pie, green beans, salad, corn, roll, mixed fruit |  | | | |