





Regional School District No. 4
Essex, Deep River and Chester Elementary School
May 2012 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	5/1 Chicken Fajitas <i>Sautéed Peppers & Onions</i> Brown Rice & Beans Fruit Cup	5/2 <i>Penne Pasta Plus</i> Tomato, Meat or Alfredo Sauce <i>Baked Zucchini</i> Whole Wheat Garlic Bread Chilled Fruit Cup	5/3 Homemade Hamburger on a Whole Wheat Bun Lettuce & Tomato, Broccoli Roasted Potato Wedges Chilled Fruit Cup	5/4 Early Dismissal Whole Wheat Turkey Grinder or Cheese Grinder Pretzels Veggie Sticks w/dip Chilled Fruit Cup
5/7 Stuffed Crust Pizza Tossed Salad w/ Croutons Fresh Fruit Juice Bar	5/8 Oven Baked Chicken Mashed Sweet Potatoes w/ Gravy Broccoli Florets Fresh Fruit	5/9 <i>Homemade Baked Ziti</i> w/ Tomato or Meat Sauce Garden Salad Whole Wheat Roll Chilled Fruit Cup	5/10 All Beef Meatloaf w/ Gravy Mashed Potatoes Glazed Carrots Chilled Fruit Cup	5/11 Chicken & Cheese Quesadilla Salsa & Sour Cream Homemade Beans & Rice Fresh Broccoli Chilled Fruit Cup
5/14 Personal Pizza Tossed Salad w/ Croutons Fresh Fruit Sherbet Cup	5/15 Chicken Caesar Wrap OR Caesar Wrap Baked Chips Veggie Sticks w/dip Chilled Fruit Cup	5/16 <i>Rigatoni Pasta Plus</i> Tomato, Meat or Alfredo Sauce <i>Baked Zucchini</i> Whole Wheat Garlic Bread Chilled Fruit Cup	5/17 Beef & Vegetable Chili Homemade Corn Bread Fresh Green Beans Chilled Fruit Cup	5/18 <i>Barilla Plus Mac & Cheese</i> Fresh Broccoli Crowns Whole Wheat Dinner Roll Chilled Fruit Cup
5/21 Stuffed Crust Pizza Tossed Salad w/ Croutons Fresh Fruit Juice Bar	5/22 Chicken Enchiladas Baked Butternut Squash Fresh Broccoli Florets Chilled Fruit Cup	5/23 Homemade Lasagna w/ Tomato or Meat Sauce Garden Salad Whole Wheat Roll Chilled Fruit Cup	5/24 Homemade Sloppy Jose <i>Cilantro Brown Rice</i> Roasted Yellow Squash Chilled Fresh Fruit	5/25 Rotisserie Chicken Mashed Potatoes Fresh Green Beans Fresh Fruit Cup
5/28 Memorial Day No School	5/29 Personal Pizza Tossed Salad w/ Croutons Fresh Fruit Sherbet Cup	5/30 <i>Elbow Pasta Plus</i> Tomato, Meat or Alfredo Sauce <i>Baked Zucchini</i> Whole Wheat Garlic Bread Chilled Fruit Cup	5/31 Stir-Fried Chicken & Vegetables <i>Brown Rice Pilaf</i> Chilled Fruit Cup	

Meal Price \$ 2.75

Milk \$0.50 each

Adult Meal Price \$ 3.75

Our menus follow dietary guidelines for reduced fat, salt and sugar while increasing whole grains, fruits and vegetables.

Meals include a source of protein, grains, vegetables, a milk & fruit or juice. We proudly offer locally grown, seasonal fresh fruits & vegetables.

Menu Subject to change without advance notice. Sandwich and or Salad choice available. *Italic font symbolizes vegetarian recipes or menu items.*

For suggestions and questions about School Lunch Program please call 860-526-9546 ext. 1420