Lunch Menu

Essex Canaan Elementary School

November 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Nachos Grande Sour Cream Salsa	3 Homemade Chicken & Broccoli Alfredo Whole Wheat Dinner Roll	4 Cheesy Stuffed Bread Sticks Tomato Sauce Baked Sweet Potato	5 Incredibowls General Tso's Chicken Sweet Soy Cucumber Salad	6 Beef Hot Dog on Bun Baked Beans Harvest Cheddar Sunchips
9 Crispy Chicken Sandwich Smiley Fries Broccoli with Sauteed Onions & Peppers	10 Homemade Mac & Cheese Homemade Corn Bread Peas		12 Crispy Tacos Tortilla Chips Salsa Sour Cream	13 Baked Potato Bar Scallions Sour Cream Steamed Broccoli Topping
16 Grilled Cheese Sandwich Meltdown Café Baked Potato Wedges Celery & Carrot Sticks w/ Low Fat Dressing	17 Chicken Nuggets Sweet Potato Fries Whole Wheat Dinner Roll Green Bean Salad	18 Stuffed Breadstick Tomato Sauce 	19 French Toast Crispy Turkey Sausage Links Hash Brown Potatoes Maple Syrup	20 Homemade Mashed Potatoes Roasted Turkey with Gravy Homemade Stuffing Whole Wheat Dinner Roll Glazed Carrots Apple Cobbler
23 Cheeseburger Classic Beef Burger Crispy Potato Puffs	24 Chicken Bowl with Gravy Whole Wheat Dinner Roll Taste Test Butternut Squash Cookies			
30 Beef and Tomato Macaroni Casserole Steamed Carrots				



View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**Menu is subject to change, notice posted when available. If you have a food allergy, or intolerance, please notify us.

Available Daily

Grab & Go Deli Sandwiches

Salad Bar

Fruit & Yogurt Parfait

Assorted Milk

Meals Are Free To All Students

Second meal pricing for students

Breakfast: Students and Adults: $3.25

Lunch: Students $5.25 and Adults: $5.40

Vegetarian · Made With Natural Ingredients · Pork · Smart Choice · Made With Organic Ingredients

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

Lunch Menu

Essex Canaan High School

November 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

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2 Nachos Grande Sour Cream Salsa	3 Homemade Chicken & Broccoli Alfredo Whole Wheat Dinner Roll	4 Cheesy Stuffed Bread Sticks Tomato Sauce Baked Sweet Potato	5 Incredibowls General Tso's Chicken Sweet Soy Cucumber Salad	6 Beef Hot Dog on Bun Baked Beans Harvest Cheddar Sunchips
9 Crispy Chicken Sandwich Smiley Fries Broccoli with Sauteed Onions & Peppers	10 Homemade Mac & Cheese Homemade Corn Bread Peas		12 Crispy Tacos Adobe Guacamole Dip Tortilla Chips Sauteed Corn & Black Bean Salsa Salsa Sour Cream	13 Baked Potato Bar Bacon Scallions Sour Cream Steamed Broccoli Topping Dinner Rolls Homemade Cheese Sauce
16 Grilled Cheese Sandwich Meltdown Café Baked Potato Wedges Celery & Carrot Sticks w/ Low Fat Dressing	17 Chicken Nuggets Sweet Potato Fries Whole Wheat Dinner Roll Green Bean Salad	18 Stuffed Breadstick Tomato Sauce 	19 French Toast Crispy Turkey Sausage Links Hash Brown Potatoes Maple Syrup	20 Homemade Mashed Potatoes Roasted Turkey with Gravy Homemade Stuffing Whole Wheat Dinner Roll Glazed Carrots Apple Cobbler
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