



EASTHAMPTON HIGH SCHOOL: LUNCH MENU SEPTEMBER 2023 (WK. 9/18-9/22)

ALL STUDENTS EAT FOR FREE

Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
Create				
Crispy Chicken Tenders	Chicken Fajita w/ Fixings	Penne w/ Meat Sauce	Burger Station	Fishwich Sandwich
Seasoned Fries	Yellow Rice	Seasoned Green Peas	Oven Weges	Oven Fries
Steamed Corn		Dinner Roll	BBQ Baked Beans	Creamy Cole Slaw
Grill				
Hot Dog	Grilled Cheese Sandwich	Grilled Chicken Sandwich	Turkey Bacon Melt	Spicy Chicken Sandwich
Oven Baked Fries	Oven Baked Fries	Oven Baked Fries	Oven Baked Fries	Oven Baked Fries
Veggie Burger, Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Pepperoni Personal Pizza	Vegetable Pizza	Meatball Pizza	Broccoli & Garlic Pizza	Pepperoni Personal Pizza
Cheese Personal Pizza	Cheese Personal Pizza	Cheese Pizza	Cheese Personal Pizza	Cheese Personal Pizza
Deli				
<p>Made to Order Sandwich and Salads with Your Choice of Assorted Deli Meats, Cheeses, and Toppings On Your Choice Of Whole Grain Breads and Wraps Have your favorite Deli Sandwich Toasted on our Panini press.</p>				
On The Go				
Ham & Cheese Wrap Crispy Chicken Salad	Turkey & Bacon Croissant Ham & Cheese Chef Salad	Chicken Ranch Wrap Grilled Chicken Caesar	Egg Salad Sandwich Buffalo Chicken Salad	Buffalo Chicken Wrap Turkey Chef Salad
Salads offered with Fresh Biscuit				
Extra Extra				
Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar
Three Bean Salad	Citrus Chickpea Salad	Black Bean & Corn Salsa	Citrus Chickpea Salad	Pasta Salad
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit

Secondary: A full

student lunch includes choice of entree supplying protein and grain, vegetable side dishes and fruit side dishes, and a choice of milk. Milk choices include 1% white, skim, and chocolate.

MENU IS SUBJECT TO CHANGE

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