



# EASTHAMPTON ELEMENTARY SCHOOLS: September 2018 MENU

Lunch \$2.65

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<b>No School</b>  <b>Labor Day</b>	<b>No School</b>  <b>State Primary Elections</b>  <b>Teacher Professional Development</b>	<b>Chicken Nuggets</b>  <b>Steamed Brown Rice</b>  <b>Sweet Green Peas</b>	<b>Burger or Cheeseburger on Whole Grain Bun</b>  <b>Krinkle Kut Fries</b>  <b>Steamed Broccoli</b>	<b>Classic Cheese Pizza</b>  <b>Colorful Tossed Salad</b>  <b>Sweet Green Peas</b>
10	11	12	13	14
<b>Pop Corn Chicken</b>  <b>Carrots</b>  <b>Whole Grain Dinner Roll</b>	<b>Hot Dogs</b>  <b>Baked Beans</b>  <b>French Fries</b>	<b>French Toast Sticks</b>  <b>Tater Tots</b>  <b>Sausage Patty</b>	<b>Chicken Patty Sandwich</b>  <b>Waffle Fries</b>  <b>Sweet Corn</b>	<b>Classic Cheese Pizza</b>  <b>Colorful Tossed Salad</b>  <b>Carrot/Celery Sticks</b>
17	18	19	20-Sep	21-Sep
<b>Chicken Nuggets</b>  <b>Baked Potato Wedges</b>  <b>Sweet Corn</b>	<b>Burger or Cheeseburger on Whole Grain Bun</b>  <b>Sweet Potato Fries</b>  <b>Confetti Coleslaw</b>	<b>Tasty Toasted Cheese Sandwich</b>  <b>Pasta Salad</b>  <b>Goldfish Crackers</b>	<b>Pasta with Meat Sauce</b>  <b>Steamed Broccoli</b>  <b>Whole Grain Garlic Toast</b>	<b>Classic Cheese Pizza</b>  <b>Colorful Tossed Salad</b>  <b>Sweet Green Peas</b>
24	25	26	27-Sep	28-Sep
<b>Pop Corn Chicken</b>  <b>Mashed Potatoes</b>  <b>Sweet Corn</b>	<b>Silver Dollar Pancakes</b>  <b>Sausage Patty</b>  <b>Tater Puffs</b>	<b>Macaroni and Cheese</b>  <b>Steamed Broccoli</b>  <b>Whole Grain Biscuit</b>	<b>Beef Nachos</b>  <b>Cheddar Cheese, Salsa</b>  <b>Brown Rice, Sweet Corn</b>	<b>Classic Cheese Pizza</b>  <b>Colorful Tossed Salad</b>  <b>Crunchy Cucumbers</b>
<b>Choose With Any Meal!</b>				
Fresh Cherry Tomatoes Cucumbers Assorted Fresh Fruit Assorted Chilled Fruit	Celery Sticks Corn and Black Bean Salsa Assorted Fresh Fruit Assorted Chilled Fruit	Sliced Cucumbers Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit	Fresh Baby Carrots Sliced Cucumbers Assorted Fresh Fruit Assorted Chilled Fruit	Carrot Sticks Sweet Green Peas Assorted Fresh Fruit Assorted Chilled Fruit
<b>Weekly Alternate Meals</b>				
Blueberry Muffin & Goldfish Fun Lunch w/Yogurt Crush Cup, String Cheese	Cereal Fun Lunch: Golden Grahams or Cheerios w/Yogurt Crush Cup, String Cheese	Fresh Garden Salad with Cheese Whole Grain Roll Fresh Fruit	Cold Nachos Fun Lunch: Crispy Tortilla Shell Rounds w/ Shredded Cheddar, Salsa	Blueberry Muffin & Goldfish Fun Lunch w/Yogurt Crush Cup, String Cheese
Secondary: A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes and fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.				

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