

EASTHAMPTON HIGH SCHOOL: Oct 29-Nov 2, 2018 LUNCH MENU Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Chicken Nuggets Teriyaki, BBQ, Buffalo OR Sweet & Sour Sauce Steamed Brown Rice Sweet Green Peas Warm Biscuit	Mexican Lasagna Whole Grain Tortilla, Seasoned Ground Beef Cheddar Cheese, Olives, Corn, Black Beans Fresh Pico de Gallo	Turkey Dinner Homemade Mashed Potato w/ Gravy Buttery Carrots Cranberry Sauce Whole Grain Dinner Roll	Chicken Parmesan Spaghetti w/ Classic Marinara Sauce Melted Mozzarella Cheese Italian Sauteed Green Beans Whole Grain Garlic Bread	Pulled Pork Enchiladas Whole Grain Tortilla, BBQ Pulled Pork Homemade Cheese Sauce, Pico de Gallo Seasoned Brown Rice Sweet Corn
Grill				
"Big Mac" Burger	Buffalo Chicken Patty on WG Bun	Thanksgiving Day Sub	Chicken Parm Sandwich	BBQ Pulled Pork Sandwich
Tater Puffs	Potato Wedges	Crinkle Cut Fries	Potato Wedges	Crinkle Cut Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Pepperoni Pizza Cheese Pizza	Chicken Fajita Pizza	Classic Cheese Pizza Classic Pepperoni Pizza	Italian Cold Cut Pizza	Porky Pig Pizza
Chicken Bacon Ranch Pizza	Pasta Station w/ Veg	Combination Pizza	Pasta Station w/ Veg	Classic Cheese Pizza Classic Pepperoni Pizza
DELI				
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 Daily Panini Specials. Have your favorite Deli Sandwich Toasted on our Panini press.				
On The Go				
Turkey and Cheese WG Bread Lettuce & Tomato Garden Chicken Salad	Chicken Ranch Wrap Garden Salad with Cheese	Buffalo Chicken Wrap Garden Chicken Salad	Ham and Cheese on a Whole Wheat Bulky Roll Garden Salad with Cheese	Tuna Salad Whole Grain Bulky Roll Garden Chicken Salad
Salads offered with two dinner rolls				
EXTRA EXTRA				
Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar
Sweet Broccoli Salad	Black Bean & Corn Salsa	Pasta Salad	Antipasto	Creamy Coleslaw
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Awesome Apples Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit

MONTHLY FOOD FOCUS: October Food Focus is Autumn Squash **
 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.

