



**EASTHAMPTON HIGH SCHOOL: Nov. 5-9 Lunch MENU**

**Lunch \$3.00**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
<b>Chicken Alfredo Pasta Bar</b> <b>Fresh Pasta, Homemade Alfredo Sauce</b> <b>Broccoli, Peas, Tomato</b> <b>Whole Grain Garlic Breadstick</b>	<b>NO SCHOOL</b> <b>CITY ELECTIONS</b> <b>TEACHER PROFESSIONAL DEVELOPMENT</b>	<b>Tater Tot Bar</b> <b>Choice of Toppings: Cheese Sauce, Chili, Bacon Bits, Chopped Tomatoes</b> <b>Whole Grain Dinner Roll</b>	<b>Roasted Lemon &amp; Herb Chicken</b> <b>Steamed Brown Rice</b> <b>Sweet Green Peas</b> <b>Whole Grain Biscuit</b>	<b>Spaghetti &amp; Meatballs</b> <b>Barilla Pasta, Classic Italian Marinara Sauce</b> <b>Sweet Corn</b> <b>Whole Grain Garlic Breadstick</b>
<b>Grill</b>				
Grilled Chicken Sandwich		Buffalo Chicken Patty Sandwich	"Big Mac" Burger	Steak & Cheese Sub
Crinkle Cut Fries		Tater Puffs	Potato Wedges	Waffle Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
<b>2 Mato</b>				
Combination Pizza Cheese/Pepperoni		Chicken Bacon Ranch Pizza Cheese/Pepperoni	Garden Vegetbale Pizza Pasta Station w/ Veg	Cheese/Pepperoni Bacon Cheeseburger Pizza
<b>DELI</b>				
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.				
<b>On The Go</b>				
Turkey & Cheese on WG Bread w/ Lettuce, Tomato Garden Chicken Salad		Chicken Ranch Wrap Garden Chicken Salad	Tuna Salad Whole Grain Bulky Roll Garden Salad with Cheese	Ham & Cheese Wrap Spicy Chicken Salad
Salads offered with two dinner rolls				
<b>EXTRA EXTRA</b>				
<b>Fresh Greens Salad Bar</b> <b>Creamy Cole Slaw</b> <b>Fresh Whole Fruit Assorted Chilled Fruit</b>	<b>Fresh Greens Salad Bar</b> <b>Fresh Whole Fruit Assorted Chilled Fruit</b>	<b>Fresh Greens Salad bar</b> <b>Black Bean &amp; Corn Salad</b> <b>Awesome Apples Assorted Chilled Fruit</b>	<b>Fresh Greens Salad bar</b> <b>Pasta Salad</b> <b>Fresh Whole Fruit Assorted Chilled Fruit</b>	<b>Fresh Greens Salad bar</b> <b>Sweet Corn Salad</b> <b>Fresh Whole Fruit Assorted Chilled Fruit</b>
<b>Monthly Food Focus: November's Food Focus is Cranberries***Cranberries are one of the few fruits that is native to North America. It is commonly used around the world as a natural fabric dye!</b> 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.				