



EASTHAMPTON HIGH SCHOOL: Nov 12-16 Lunch MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
NO SCHOOL VETERAN'S DAY	Sweet & Sour Popcorn Chicken	Macaroni and Cheese Bar	Chicken Cordon Bleu	Hot Dog Bar
	Seasoned Brown Rice	Toppings: Ham, Broccoli, Bacon Bits	Chicken, Smoked Ham, Swiss Cheese	Ball Park Frank
	Sweet Green Peas	Whole Grain Biscuit	Steamed Brown Rice	Toppings: Cheese Sauce, Chili, Relish, Diced Onion
	Whole Grain Dinner Roll		Buttery Carrots Whole Grain Breadstick	Baked Beans
Grill				
	Buffalo Chicken Sandwich	Corn Dog	Meatball Sub	Toasted Italian Cold Cut Grinder
	Potato Wedges	Waffle Fries	Crinkle Cut Fries	Potato Puffs
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
	BBQ Chicken Pizza	Classic Pepperoni Classic Cheese	Chicken Bacon Ranch Pizza	Roasted Veggie Pizza Classic Pepperoni Classic Cheese
	Pasta Station w/ Veg	Sausage & Peppers Pizza	Pasta Station w/ Veg	
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				
	Ham & Cheese on Whole Grain Bulky Roll	Chicken Ranch Wrap	Tuna Salad Whole Grain Bulky Roll	Turkey & Cheese Wrap
	Garden Salad w/ Cheese	Garden Chicken Salad	Garden Salad with Cheese	Buffalo 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
Tomatoes	Black Bean & Corn Salad	Creamy Coleslaw	Pasta Salad	Sweet Corn Salad
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
<p>Monthly Food Focus: Novembers Food Focus is CRANBERRIES***Cranberries are one of the few fruits native to North America. They are commonly used around the world as a natural fabric dye!</p> <p>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.</p>				