



EASTHAMPTON HIGH SCHOOL: Nov 26-30 Lunch MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Burger Bar: Beef or Veggie Burger Toppings: Bacon, Lettuce, Tomato, Caramelized Onions Waffle Fries Sweet Corn	"KFC" Bowl Popcorn Chicken, Mashed Potatoes & Gravy Shredded Cheddar Cheese Steamed Corn Whole Grain Biscuit	Chicken Burrito Whole Grain Tortilla, Seasoned Grilled Chicken, Shredded Cheddar Cheese, Spicy Black Beans Steamed Brown Rice Fresh Pico de Gallo	Chicken Patty Sandwich Bar Toppings: American, Cheddar, or Mozzarella Cheese, Tomato, Caramelized Onions, Bacon Buttery Carrots	Student Choice Bok Choy Made 2 Melt
Grill				
Corn Dog	Buffalo Chicken Patty on WG Bun	"Big Mac" Burger	Chicken Parmesan Sandwich	Chili Cheese Dog
Waffle Fries	Potato Wedges	Tater Tots	Crinkle Cut Fries	Tater Tots
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Pepperoni Pizza Cheese Pizza Sausage & Peppers Pizza	Buffalo Chicken Pizza Pasta Station with Veg & Fruit	Classic Cheese Classic Pepporoni Combination Pizza	Chicken Bacon Ranch Pasta Station with Veg & Fruit	Meat Lover's Pizza Pepperoni Pizza Cheese 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 Pasta Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Potato Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Black Bean & Corn Salad Awesome Apples Assorted Chilled Fruit	Fresh Greens Salad bar Creamy Coleslaw Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Sweet Corn Salad Fresh Whole Fruit Assorted Chilled Fruit

MONTHLY FOOD FOCUS: November's Food Focus is Cranberries•••Cranberries are one of the few fruits grown native in North America. They are most commonly used around the world as a natural fabric dye!

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.

