



EASTHAMPTON HIGH SCHOOL: Dec. 3-7 Lunch MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Macaroni and Cheese Bar Toppings Include: Ham, Bacon, Sauteed Onions Crushed Tortilla Chips Roast Broccoli Whole Grain Dinner Roll	Turkey Enchiladas Seasoned Ground Turkey, Whole Grain Tortilla, Homemade Enchilada Cheese Sauce, Fresh Pico de Gallo Steamed Brown Rice Sweet Corn	Alfredo Pasta Bar Seasoned, Grilled Chicken Homemade Alfredo Sauce Peas and Carrots Whole Grain Garlic Bread	Sweet and Sour Chicken Steamed Brown Rice Seasoned Green Beans Grilled Flatbread	Sloppy Joe Bar Seasoned Ground Beef Classic Sloppy Sauce Roast Tomatoes, Grilled Onions Tater Tots
Grill				
Chicken Parm Sandwich w/ Wedges	Buffalo Chicken Patty w/ Waffle Fries	"Big Mac" Burger w/ Tater Tots	Corn Dog Crinkle Cut Fries	Meatball Sub w/ Tater Tots
STUDENT CHOICE WINNING MEAL IS AVAILABLE ALL WEEK!!!				
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Pepperoni Pizza Cheese Pizza Chicken Bacon Ranch	Italian Sausage & Peppers Pizza Pasta Station with Veg & Fruit	Classic Cheese Classic Pepperoni Buffalo Chicken Pizza	Bacon Cheeseburg Pizza Pasta Station with Veg & Fruit	Supreme 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 Sweet Corn 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 Potato Salad Fresh Whole Fruit Assorted Chilled Fruit
MONTHLY FOOD FOCUS: December Food Focus is Herbs and Spices!***Basil is great for treating acne and other infections because of its antibacterial and anti-inflammatory properties. 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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