



EASTHAMPTON HIGH SCHOOL: Dec 10-14, 2018 Lunch MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Early Release *Modified Lunch Offered	1/2 Day Teacher Professional Development *Modified Lunch Offered	Early Release *Modified Lunch Offered	Nacho Bar Seasoned Ground Beef, Whole Grain Tortilla Chips Cheddar Cheese, Black Beans, Sweet Corn Homemade Pico de Gallo	Chicken Nuggets Waffle Fries Sweet Green Peas Whole Grain Biscuit
Grill				
			Buffalo Chicken Sandwich w/ Tater Tots	Meatball Sub w/ Waffle Fries
			Made2Melts	Made2Melts
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
			Buffalo Chicken Pizza	Classic Cheese Pizza Classic Pepperoni Pizza Chicken Bacon Ranch 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				
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 WG Bulky Roll Garden Salad w/ Cheese	Tuna Salad Wrap Garden Chicken Salad
Salads offered with two dinner rolls				
EXTRA EXTRA				
Fresh Greens Salad Bar Confetti Coleslaw Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Black Bean & Corn Salsa Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Sweet Cucumber Salad Awesome Apples Assorted Chilled Fruit	Fresh Greens Salad Bar Potato Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad bar Coleslaw Fresh Whole Fruit Assorted Chilled Fruit
MONTHLY FOOD FOCUS: December Food Focus is Herbs and Spices!! Basil is good for treating acne and other infections because of its antibacterial and anti-inflammatory properties! 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.				
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