



EASTHAMPTON HIGH SCHOOL: Dec. 17-21 Lunch MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Breakfast For Lunch Scrambled Eggs, Pancakes, Waffles Home Fries Fruit and Yogurt Parfait English Muffin	Chicken Fajitas Warm Whole Grain Tortilla, Seasoned Chicken Grilled Onions & Peppers Steamed Sweet Corn Fresh Pico de Galo	Create Your Own Pasta Dish Classic Spaghetti w/ Marinara, Meatballs Chicken Parmesan, Alfredo, OR Cheese Sauce Carrots, Broccoli Whole Grain Garlic Bread	Pork Fried Rice Fried Brown Rice, Tender Pork, Peas, Carrots Sauteed Bok Choy Vegetable Egg Roll Grilled Flatbread	New England Boiled Dinner Tender Corned Beef & Cabbage Boiled Potatoes Carrots Whole Grain Dinner Roll
Grill				
Ham, Turkey, Bacon Flatbread	Cilantro Lime Chicken Panini	Ham & Cheese Melt Flatbread	Triple Cheese Grilled Panini	Tuna Melt
Potato Wedges	Tater Tots	Crinkle Cut Fries	Potato Wedges	Crinkle Cut Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Pepperoni Pizza Cheese Pizza Greek Pizza	Fajita Chicken Flatbread Pasta Station with Veg & Fruit	Veggie Lover's Pizza Pepperoni Pizza	BBQ Chicken & Bacon Flatbread Pasta Station with Veg & Fruit	Combination Pizza Pepperoni 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 Cucumber Salad Fresh Veggies Assorted Chilled Fruit	Fresh Greens Salad Bar Black Bean and Corn Salad Fresh Veggies Assorted Chilled Fruit	Fresh Greens Salad Bar Pasta Salad Fresh Veggies Assorted Chilled Fruit	Fresh Greens Salad Bar Sweet Cucumber Salad Fresh Veggies Assorted Chilled Fruit	Fresh Greens Salad Bar Pasta Salad Fresh Veggies Assorted Chilled Fruit

MONTHLY FOOD FOCUS: December Food Focus is HERBS & SPICES*Basil is great for treating acne and other infections due to 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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