



EASTHAMPTON HIGH SCHOOL: Jan 1-4 Lunch MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
NO SCHOOL Winter Break	No School New Years Day	Pasta Bar Alfredo OR Marinara Sauce Meatballs OR Grilled Chicken Steamed Broccoli Whole Grain Garlic Bread Stick	Tacos: Beef OR Turkey Whole Grain Taco Shells, Seasoned Ground Beef OR Turkey, Shredded Cheddar Cheese Steamed Brown Rice, Sweet Corn Fresh Pico de Gallo	Turkey Dinner Homemade Mashed Potatoes & Gravy Stuffing, Buttery Carrots Cranberry Sauce Whole Grain Biscuit
Grill				
		"Big Mac" Burger	Buffalo Chicken Sandwich	Montana Burger
		Waffle Fries	Crinkle Cut Fries	Potato Puffs
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
		Classic Pepperoni Classic Cheese Buffalo Chicken Pizza	Combination Pizza Pasta Station w/ Veg	Chicken Bacon Ranch Pizza Classic Pepperoni Classic Cheese
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 Garden Salad w/ Cheese	Chicken Ranch Wrap Garden Chicken Salad	Tuna Salad Whole Grain Bulky Roll Garden Salad with Cheese	Turkey & Cheese Wrap Garden Salad w/ Tuna
Salads offered with two dinner rolls				
EXTRA EXTRA				
Fresh Greens Salad Bar Tomatoes Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Black Bean & Corn Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Pasta Salad Awesome Apples Assorted Chilled Fruit	Fresh Greens Salad Bar Black Bean & Corn Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad bar Creamy Coleslaw Fresh Whole Fruit Assorted Chilled Fruit
<p>Monthly Food Focus: January Food Focus is CITRUS!! Did you know? Grapefruits got their name because they grow in bunches, like grapes!! 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>				