



EASTHAMPTON HIGH SCHOOL: Sept 10-14 Lunch MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Chicken Nuggets Homemade Mashed Potatoes Fresh Carrot & Celery w/ Ranch Dressing Tossed Salad Warm Whole Grain Dinner Roll	Chicken Burrito Whole Grain Tortilla, Shredded Cheddar Cheese, Seasoned Grilled Chicken, Spicy Black Beans Steamed Brown Rice, Diced Tomatoes, Sweet Corn	Pasta with Meatballs Classic Marinara Sauce, Barilla Pasta Steamed, Seasoned Broccoli Whole Grain Garlic Toast Tossed Salad	Sheppard's Pie Seasoned Ground Beef Homemade Mashed Potatoes and Gravy Sweet Corn Whole Grain Dinner Roll	Baked Potato Bar Chili, Ham Homemade Cheese Sauce Seasoned Broccoli Warm Whole Grain Biscuit
Grill				
Ham and Cheese Melt	Buffalo Chicken Patty on WG Bun	Corn Dog	Corn Dog	Buffalo Chicken Patty on WG Bun
Potato Wedges	Tater Tots	Sweet Potato Fries	Potato Wedges	Crinkle Cut Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Pepperoni Pizza Cheese Pizza	Buffalo Chicken Flatbread Pasta Station with Veg & Fruit	Classic Cheese Pepperoni	Chicken Bacon Ranch Pasta Station with Veg & Fruit	Spicy Hamburg & Onion 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 Celery Sticks Tomatoes Fresh Whole Fruit Assorted Chilled Fruit	Fresh Carrots Sweet Pepper Strips Fresh Whole Fruit Assorted Chilled Fruit	Power Peas Pasta Salad Awesome Apples Assorted Chilled Fruit	Cucumbers Sweet Pepper Strips Fresh Whole Fruit Assorted Chilled Fruit	Fresh Baby Carrots Pasta Salad Fresh Whole Fruit Assorted Chilled Fruit

MONTHLY FOOD FOCUS: September's Food Focus is TOMATOES...

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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