



EASTHAMPTON HIGH SCHOOL: Sept. 24-28 Lunch MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Buffalo Pop Corn Chicken Celery & Carrot Sticks w/Ranch Dressing Waffle Fries Buttered Carrots Whole Grain Dinner Roll	Beef & Cheese Nachos Whole Grain Tortilla Chips, Seasoned Ground Beef Spicy Black Beans, Sweet Corn Shredded Lettuce, Diced Onion Diced Tomatoes, Salsa	Pasta with Meat Sauce Barilla Pasta, Classic Italian Meat Sauce Italian Sauteed Green Beans Tossed Salad Whole Grain Dinner Roll	General Tso's Chicken Seasoned Brown Rice Asian Vegetable Medley with Carrots, Bok Choy, Broccoli, Ginger and Garlic	Hot Dog Bar: Ball Park Frank Toppings: Diced Onion, Diced Tomatoes, Chili, Homemade Cheese Sauce, Relish, Jalapenos Baked Beans Baked Potato Wedges
Grill				
Ham and Cheese Melt	Buffalo Chicken Patty on WG Bun	Meatball Grinder	Corn Dog	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	Buffalo Chicken Flatbread Pasta Station with Veg & Fruit	Mexican Beef Flatbread Pepperoni	Chicken Bacon Ranch Pizza Pasta Station with Veg & Fruit	Meat Lover's Pizza Cheese 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	Fresh Carrots	Power Peas	Cucumbers	Fresh Baby Carrots
Tomatoes	Pasta Salad	Potato Salad	Sweet Pepper Sticks	Pasta Salad
Fresh Whole Fruit	Fresh Whole Fruit	Awesome Apples	Fresh Whole Fruit	Fresh Whole Fruit
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit

MONTHLY FOOD FOCUS: September 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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