



EASTHAMPTON HIGH SCHOOL: Oct. 8-12, 2018 Lunch MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
NO SCHOOL Columbus Day	Beef Enchiladas Whole Grain Tortilla, Seasoned Ground Beef Homemade Cheese Sauce, Pico de Gallo Spanish Rice Black Bean & Corn Medley	Early Release *Modified Lunch Offered	Roast BBQ Chicken Loaded Baked Potato Farm Fresh Corn on the Cob Fresh Baked Corn Bread	Fish Tacos Whole Grain Tortilla, Breaded White Fish Shredded Cheddar Cheese, Shredded Lettuce Sweet Green Peas Baked Potato Wedges
Grill				
Ham and Cheese Melt	Buffalo Chicken Patty on WG Bun	BBQ Pulled Pork Sandwich w/Swiss	Corn Dog	Meatball Grinder
Potato Wedges	Tater Tots	Crinkle Cut Fries	Potato Wedges	Crinkle Cut Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
	Veggie Lover's Pizza		Double Bacon Cheeseburg Pizza	Combination Classic Cheese Pizza
	Pasta Station with Veggie		Pasta Station with Veggie	Classic Pepperoni
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 Tomatoes Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Pasta Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Spinach and Romaine Salad Awesome Apples Assorted Chilled Fruit	Fresh Greens Salad bar Black Bean and Corn Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad bar Potato Salad Fresh Whole Fruit Assorted Chilled Fruit
<p>MONTHLY FOOD FOCUS: October's Food Focus is Autumn Squash! Secondary: A</p> <p>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.</p>				
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