



EASTHAMPTON HIGH SCHOOL: Oct. 15-19, 2018 Lunch MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
"KFC" Chicken Bowl Crispy Chicken, Mashed Potatoes w/Gravy Steamed Sweet Corn, Cheddar Cheese Warm Whole Grain Biscuit	Nacho Bar Whole Grain Tortilla Chips, Cheddar Cheese Sauce Seasoned Ground Beef, Chili, Jalapenos Salsa, Sour Cream Steamed Brown Rice	Chicken Pot Pie Seasoned Grilled Chicken, Gravy, Potato Seasoned Green Peas Whole Grain Biscuit	1/2 Day Parent/Teacher Conference *Modified Lunch Offered	1/2 Day Parent/Teacher Conference *Modified Lunch Offered
Grill				
Pulled Pork Sliders	Buffalo Chicken Patty on WG Bun	Chicken Parmesan Sandwich		
Waffle Fries	Potato Wedges	Tater Puffs		
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Chicken Bacon Ranch Pizza	Mexican Pizza	Meat Lover's Pizza		
	Pasta Station w/ Veg			
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	Chicken Ranch Wrap	Buffalo Chicken Wrap		
Garden Chicken Salad	Garden Salad with Cheese	Garden Chicken Salad		
Salads offered with two dinner rolls				
EXTRA EXTRA				
Fresh Greens Salad Bar Confetti Coleslaw Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Black Bean & Corn Salsa Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Sweet Cucumber Salad Awesome Apples Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit
MONTHLY FOOD FOCUS: October Food Focus is Autumn Squash				
Secondary: A 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.				
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