



EASTHAMPTON HIGH SCHOOL: Jan. 14-18, 2019 Lunch MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Chicken Nuggett Mania 4 Dipping Sauces Carrot & Celery Sticks w/ Ranch Dressing Crinkle Cut Fries Whole Grain Biscuit	Tacos Whole Grain Hard Taco Shells, Seasoned Ground Beef, Chopped Tomatoes, Shredded Lettuce Shredded Cheddar Cheese Steamed Brown Rice, Sweet Corn	Pasta Bar Classic Italian Marinara OR Alfredo Sauce Grilled Chicken, Chicken Parm, OR Meatballs Sauteed Italian Green Beans Whole Grain Garlic Breadstick	Baked Potato Skins Bar Choice of Toppings: Smoked Ham, Bacon Bits, Cheddar Cheese Sauce, Sour Cream, Broccoli Whole Grain Flatbread	"KFC" Bowl Popcorn Chicken Homemade Mashed Potatoes w/ Gravy Shredded Cheddar Cheese, Sweet Corn Whole Grain Biscuit
Grill				
Italian Cold Cut Sub	Buffalo Chicken Sandwich	"Big Mac" Burger	Chicken Cordon Bleu Sandwich	Montana Burger
Crinkle Cut Fries	Waffle Fries	Potato Wedges	Tater Tots	Potato Wedges
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Cheese Pizza Classic Pepperoni Pizza Chicken Bacon Ranch Pizza	Meat Lover's Pizza Pasta Station w/ Veg	Classic Cheese Pizza Classic Pepperoni Pizza Buffalo Chicken Pizza	Supremo Pizza Pasta Station w/ Veg	BBQ Chicken Pizza Classic Cheese Pizza Classic 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 & Cheese on WG Bread w/ Lettuce, Tomato Garden Chicken Salad	Buffalo Chicken Wrap Garden Salad w/ Cheese	Chicken Ranch Wrap Garden Chicken Salad	Tuna Salad Whole Grain Bulky Roll Garden Salad with Cheese	Ham & Cheese Wrap Garden Salad w/ Tuna
Salads offered with two dinner rolls				
EXTRA EXTRA				
Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad bar	Fresh Greens Salad bar	Fresh Greens Salad bar
Black Bean & Corn Salad	Potato Salad	Coleslaw	Pasta Salad	Black Bean & Corn Salad
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Awesome Apples Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit
Monthly Food Focus: January Food Focus is Citrus***Did you know?? Grapefruits got their name because they grow on trees, in bunches, just 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.				