



**EASTHAMPTON HIGH SCHOOL: Jan. 21-25, 2019 Lunch MENU** Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
<b>No School</b>  <b>Martin Luther King Jr. Birthday</b>  <b>Observed</b>	<b>Chicken Fajitas</b>  <b>Whole Grain Tortilla, Shredded Cheddar Cheese, Seasoned Grilled Chicken, Sautéed Onions &amp; Peppers</b>  <b>Fresh Pico de Gallo, Sour Cream</b>  <b>Sweet Corn</b>	<b>Pasta Bar</b>  <b>Fresh Ziti, Classic Marinara Sauce OR Alfredo Sauce</b> <b>Meatballs, Chicken Parm, OR Grilled Chicken</b>  <b>Roasted Broccoli</b>  <b>Whole Grain Garlic Breadstick</b>	<b>Asian Popcorn Chicken Madness</b>  <b>General Tso's, Sweet &amp; Sour OR Szechuan Sauces</b>  <b>Steamed Brown Rice</b>  <b>Peas &amp; Carrots</b>	<b>Nacho Bar</b>  <b>Whole Grain Tortilla Chips, Seasoned Ground Beef</b>  <b>Homemade Cheese Sauce, Salsa</b>  <b>Spicy Black Beans</b>  <b>Sweet Corn</b>
<b>Grill</b>				
	Buffalo Chicken Patty on WG Bun	"Big Mac" Burger	Chicken Parmesan Sandwich	Montana Burger
	Tater Tots	Potato Wedges	Crinkle Cut Fries	Waffle Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
<b>2 Mato</b>				
	Buffalo Chicken Pizza  Pasta Station with Veg & Fruit	Classic Cheese Pizza Classic Pepperoni Pizza  Combo Pizza	Chicken Bacon Ranch  Pasta Station with Veg & Fruit	Bacon Cheeseburg Pizza Classic Pepperoni Pizza Classic Cheese Pizza
<b>DELI</b>				
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.				
<b>On The Go</b>				
	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				
<b>EXTRA EXTRA</b>				
<b>Fresh Greens Salad Bar</b>	<b>Fresh Greens Salad Bar</b>	<b>Fresh Greens Salad Bar</b>	<b>Fresh Greens Salad Bar</b>	<b>Fresh Greens Salad Bar</b>
<b>Tomatoes</b>	<b>Black Bean &amp; Corn Salad</b>	<b>Citrus Chickpea Salad</b>	<b>Pasta Salad</b>	<b>Citrus Chickpea Salad</b>
<b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Awesome Apples</b> <b>Assorted Chilled Fruit</b>	<b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>
<b>MONTHLY FOOD FOCUS: January's Food Focus is CITRUS!••• Did You Know? Grapefruits got their name because they grown in bunches on trees...just like grapes!!</b> 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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