



EASTHAMPTON HIGH SCHOOL: Jan 28-Feb 1, 2019 LUNCH MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
NO SCHOOL	Touch Down Tacos	Patriot's Pasta Bar	Field Goal Fajitas	a SUPER BOWL of Macaroni & Cheese
Teacher Professional Development	Whole Grain Hard Shells, Seasoned Ground Beef	Fresh Ziti, Classic Alfredo Sauce OR Marinara Sauce	Whole Grain Tortilla, Seasoned Grilled Chicken	Fresh Edelman Elbows, Coin Toss Cheese Sauce
Semester Change	Chopped Lettuce & Tomato, Shredded Cheddar Cheese	Meatballs, Chicken Parm, OR Grilled Chicken	Sauteed Onions & Peppers, Shredded Cheddar Cheese	Hand Off Ham, Quarterback Bacon Bits, Brady's Broccoli
	Seasoned Brown Rice	Peas & Carrots	Sweet Corn	BELICHICKen Bites
	Sweet Corn	Whole Grain Garlic Breadstick	Seasoned Brown Rice	Grilled Gronk Flatbread
Grill				
	Buffalo Chicken Patty on WG Bun	"Big Mac" Burger	Corn Dog	Touch Down Tuna Melt
	Tater Tots	Potato Wedges	Waffle Fries	Perfect Spiral Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
	Bacon Cheeseburg Pizza	Classic Pepperoni Pizza	Combo Pizza	Victory Veggie Pizza
	Pasta Station with Veg & Fruit	Classic Cheese Pizza	Past Station w/ Veg & Fruit	Classic Cheese Pizza Classic Pepperoni Pizza
		Chicken Bacon Ranch 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				
	Chicken Ranch Wrap	Buffalo Chicken Wrap	Ham and Cheese on a Whole Wheat Bulky Roll	Tuna Salad Whole Grain Bulky Roll
	Garden Salad with Cheese	Garden Chicken Salad	Garden Salad with Cheese	Garden Chicken Salad
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
Pasta Salad	Black Bean & Corn Salad	Citrus Chickpea Salad	Pasta Salad	Citrus Chickpea 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
<p>Monthly Food Focus: January's Food Focus is CITRUS!***Did You Know?? Grapefruits got their names because they grow in bunches on trees...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.</p>				
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