



EASTHAMPTON HIGH SCHOOL: Feb. 11-15, 2019 Lunch MENU Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Turkey Dinner Homemade Mashed Potatoes w/Gravy Buttery Carrots Cranberry Sauce Fresh Whole Grain Biscuit	Beef & Cheese Tacos Seasoned Ground Beef, Whole Grain Taco Shells, Steamed Sweet Corn, Chopped Lettuce, Diced Tomato, Shredded Cheddar Cheese, Lettuce, Steamed Brown Rice	Pasta Create Macaroni and Cheese w/ Ham, Bacon, Chicken OR Alfredo w/ Chicken, Broccoli Whole Grain Garlic Bread	Shepherd's Pie Seasoned Ground Beef, Homemade Mashed Potatoes, Sweet Corn Whole Grain Dinner Roll	Asian Chicken Popcorn Chicken, Sweet & Sour OR General Tso's Sauce, Seasoned Brown Rice Peas & Carrots Grilled Whole Grain Flatbread
Grill				
Chicken Parmesan Sandwich	Buffalo Chicken Patty on WG Bun	"Big Mac" Burger	Toasted Italian Cold Cut Grinder	Montana Burger
Potato Wedges	Krinkle Kut Fries	Tater Puffs	Waffle Fries	Crinkle Cut Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Pepperoni Pizza Classic Cheese Pizza Buffalo Chicken Pizza	Meat Lover's Pizza Pasta Station with Veg & Fruit	Classic Pepperoni Pizza Classic Cheese Pizza Chicken Parm Pizza	Combination Pizza Pasta Station with Veg & Fruit	Chicken Alfredo Pizza Classic Pepperoni Pizza Classic Cheese 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 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 Carrot Sticks Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad bar Cherry Tomatoes Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens salad Bar Sliced Cucumbers Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens salad bar Creamy Coleslaw Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Sweet Pepper Sticks Fresh Whole Fruit Assorted Chilled Fruit
MONTHLY FOOD FOCUS: February Food Focus is SWEET POTATOES!!**Get ready for that pop quiz! Sweet Potatoes are a great brain food to help boost focus and memory! 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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