



EASTHAMPTON HIGH SCHOOL: Feb. 25-Mar. 1 2019 Lunch MENU Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Chicken Nuggets Homemade Mashed Potatoes Buttery Carrots Whole Grain Dinner Roll	Beef Tacos OR Nachos Seasoned Ground Beef, Whole Grain Hard Shell OR Chips, Cheddar Cheese, Salsa Steamed Brown Rice Spicy Black Beans	Pasta Ziti, Classic Marinara Sauce Sweet Butternut Squash Whole Grain Garlic Breadstick	Chicken Fajitas Seasoned Grilled Chicken, Whole Grain Tortilla Sauteed Onions & Peppers Seasoned Brown Rice Sweet Corn	Turkey Dinner Mashed Potatoes w/ Gravy Stuffing, Cranberry Sauce Carrots Whole Grain Biscuit
Grill				
Corn Dog w/ Fries	Buffalo Chicken Patty w/ Tater Tots	Grilled Cheese Burger w/ Waffle Fries	Chicken Cordon Bleu Sandwich Wedges	Toasted Patty Melt w/ Waffle Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Pepperoni Pizza Cheese Pizza Buffalo Chicken Pizza	Crunchy Chicken & French Fry Pizza Pasta Station with Veg & Fruit	Classic Cheese Classic Pepperoni Meat Lover's Pizza	Supreme Pizza Pasta Station with Veg & Fruit	Chicken Bacon Ranch Pizza Pepperoni Pizza 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	Turkey & Cheese Wrap Garden Chicken Salad
Salads offered with two dinner rolls				
EXTRA EXTRA				
Fresh Greens Salad bar Sweet Corn Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Potato Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Black Bean & Corn Salad Awesome Apples Assorted Chilled Fruit	Fresh Greens Salad Bar Creamy Coleslaw Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Potato Salad Fresh Whole Fruit Assorted Chilled Fruit

MONTHLY FOOD FOCUS: February Food Focus is Sweet Potatoes!!

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