



**EASTHAMPTON HIGH SCHOOL: Feb. 4-8, 2019 Lunch MENU**

**Lunch \$3.00**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
<b>Stuffed Baked Potato</b>  <b>Toppings: Ham, Bacon, Broccoli, Homemade Cheddar Cheese Sauce, Sour Cream</b>  <b>Whole Grain Dinner Roll</b>	<b>Chicken Fajitas</b>  <b>Warm Whole Grain Tortilla, Seasoned Chicken Grilled Onions &amp; Peppers</b>  <b>Steamed Brown Rice, Sweet Corn</b>  <b>Cheddar Cheese, Sour Cream</b>	<b>Create Your Own Pasta Dish</b>  <b>Fresh Ziti</b>  <b>Chicken Parmesan OR Chicken Alfredo</b>  <b>Italian Sauteed Green Beans</b>  <b>Whole Grain Garlic Breadstick</b>	<b>Nachos</b>  <b>Seasoned Ground Beef, Whole Grain Tortilla Chips</b>  <b>Homemade Cheddar Cheese Sauce</b>  <b>Spicy Black Beans</b>  <b>Olives</b>	<b>"KFC" Bowl</b>  <b>Popcorn Chicken</b>  <b>Mashed Potatoes w/ Gravy</b>  <b>Shredded Cheddar Cheese, Sweet Corn</b>  <b>Whole Grain Biscuit</b>
<b>Grill</b>				
Chicken Parmesan Sandwich	Buffalo Chicken Sandwich	"Big Mac" Burger	Toasted Italian Cold Cut Sub	Montana Burger
Waffle Fries	Potato Wedges	Tater Tots	Krinkle Kut Fries	Tater Tots
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
<b>2 Mato</b>				
Classic Pepperoni Pizza Cheese Pizza Buffalo Chicken Pizza	Meat Lover's Pizza  Pasta Station with Veg & Fruit	Classic Pepperoni Pizza Classic Cheese Pizza Chicken Bacon Ranch Pizza	Supremo Combination Pizza  Pasta Station with Veg & Fruit	Sausage & Peppers 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>				
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				
<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>Sweet Cucumber Salad</b>	<b>Black Bean and Corn Salad</b>	<b>Pasta Salad</b>	<b>Sweet Cucumber Salad</b>	<b>Pasta Salad</b>
<b>Fresh Veggies Assorted Chilled Fruit</b>	<b>Fresh Veggies Assorted Chilled Fruit</b>	<b>Fresh Veggies Assorted Chilled Fruit</b>	<b>Fresh Veggies Assorted Chilled Fruit</b>	<b>Fresh Veggies Assorted Chilled Fruit</b>
<b>MONTHLY FOOD FOCUS: January Food Focus is SWEET POTATOES!!**Sweet Potatoes orange color comes from beta carotene, a form of Vitamin A. We need Vitamin A for healthy skin and vision!</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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