



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

**Lunch \$3.00**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
<b>Chicken Parmesan</b>  <b>Crispy Chicken, Classic Marinara Sauce, Mozzarella Cheese, Fresh Rotini Pasta</b>  <b>Roasted Broccoli</b>  <b>Whole Grain Breadstick</b>	<b>Chicken Fajitas</b>  <b>Seasoned Grilled Chicken, Whole Grain Tortilla</b>  <b>Sauteed Onions &amp; Peppers</b>  <b>Steamed Brown Rice</b>	<b>Teriyaki Glazed Chicken</b>  <b>Seasoned Brown Rice</b>  <b>Whole Grain Breadstick</b>	<b>Creamy Chicken and Broccoli Casserole</b>  <b>Whole Grain Breadstick</b>	<b>Chicken Cordon Bleu</b>  <b>Crispy Chicken, Sliced Ham, Swiss Cheese</b>  <b>Mashed Potatoes w/ Gravy</b>
<b>Grill</b>				
Titalian Chicken Parm Wrap	Triple Cheese Panini	Triple Cheese Panini	Triple Cheese Panini	Triple Cheese Panini
Tater Tots	Tater Tots	Tater Tots	Tater Tots	Tater Tots
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
<b>2 Mato</b>				
Classic Cheese Pizza Pepperoni Pizza	Classic Buffalo Chicken Pizza Pasta Station w/ Veg	Classic Pepperoni Pizza Buffalo Chicken Pizza	Classic Buffalo Chicken Pizza Pasta Station w/ Veg	Classic Buffalo Chicken Pizza Pasta Station w/ Veg
<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 WG Bulky Roll Garden Salad w/ Cheese	Tuna Salad Sub Garden Chicken Salad
Salads offered with two dinner rolls				
<b>EXTRA EXTRA</b>				
<b>Fresh Greens Salad Bar</b>  <b>Citrus Chickpea Salad</b> <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Fresh Greens Salad Bar</b>  <b>Citrus Chickpea Salad</b> <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Fresh Greens Salad Bar</b>  <b>Citrus Chickpea Salad</b> <b>Awesome Apples</b> <b>Assorted Chilled Fruit</b>	<b>Fresh Greens Salad Bar</b>  <b>Citrus Chickpea Salad</b> <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>	<b>Fresh Greens Salad bar</b>  <b>Citrus Chickpea Salad</b> <b>Fresh Whole Fruit</b> <b>Assorted Chilled Fruit</b>
<b>MONTHLY FOOD FOCUS: MARCH FOOD FOCUS IS WHOLE GRAINS!!**Whole Grains contain dietary fiber, which helps reduce cholesterol and may lower risk of heart disease.</b> <b>Secondary: A full student lunch includes choice of entree supplying protein and grain, vegetable side dishes and fruit side dishes, and a choice of milk. Milk choices include 1% white, skim, and chocolate.</b>				
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