



EASTHAMPTON ELEMENTARY SCHOOLS: February 2019 MENU

Lunch \$2.65

Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Teriyaki Steamed Brown Rice Buttery Carrots	5 Hot Dog Baked Beans Sweet Potato Fries	6 Silver Dollar Pancakes Sausage Patty, Tater Tots Strawberries	7 Turkey Mashed Potatoes w/ Gravy Green Beans, Whole Grain Dinner Roll Emoji Sidekicks (Frozen Fruit Juice)	8 PIZZA!! Colorful Tossed Salad Sweet Green Peas
11 French Toast Sticks Sausage Patty Tater Tots	12 Nachos Seasoned Ground Beef, Whole Grain Tortilla Chips Shredded Cheddar Cheese, Salsa, Sweet Corn	13 Soup and Sandwich Hearty Chicken Noodle Soup Toasted Cheese Sandwich	14 Cheeseburgers Sweet Potato Fries Red Pepper Dippers	15 Classic Cheese Pizza Colorful Tossed Salad Cookie
18	19	20	21	22
25 Pop Corn Chicken Steamed Brown Rice Buttery Carrots	26 Grilled Chicken Sandwich Baked Potato Wedges Confetti Coleslaw	27 French Toast Sticks Sausage Patty Tater Tots	28-Feb Macaroni and Cheese Steamed Broccoli Whole Grain Biscuit	1-Mar Classic Cheese Pizza Colorful Tossed Salad Sweet Green Peas
Choose With Any Meal!				
Fresh Cherry Tomatoes Cucumbers Assorted Fresh Fruit Assorted Chilled Fruit	Celery Sticks Corn and Black Bean Salsa Assorted Fresh Fruit Assorted Chilled Fruit	Sliced Cucumbers Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit	Fresh Baby Carrots Sliced Cucumbers Assorted Fresh Fruit Assorted Chilled Fruit	Carrot Sticks Sweet Green Peas Assorted Fresh Fruit Assorted Chilled Fruit
Weekly Alternate Meals				
Blueberry Muffin & Goldfish Fun Lunch w/Yogurt Crush Cup, String Cheese	Cereal Fun Lunch: Golden Grahams or Cheerios w/Yogurt Crush Cup, String Cheese	Fresh Garden Salad with Cheese Whole Grain Roll Fresh Fruit	Cold Nachos Fun Lunch: Crispy Tortilla Shell Rounds w/ Shredded Cheddar, Salsa	Blueberry Muffin & Goldfish Fun Lunch w/Yogurt Crush Cup, String Cheese
<p>Monthly Food Focus- February Food Focus is SWEET POTATOES!!!! I think, therefore I YAM! Did you know yams and sweet potatoes are different? Yams have a darker bark-like skin with a starchier taste while sweet potatoes' skin can range from white to red-brown.</p> <p>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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