



**EASTHAMPTON HIGH SCHOOL: April 1-5, 2019 Lunch MENU**

**Lunch \$3.00**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
Turkey Dinner Homemade Mashed Potatoes w/ Gravy Buttery Carrots Whole Grain Biscuit	Soft Beef Tacos Whole Grain Tortilla, Seasoned Ground Beef Shredded Lettuce, Diced Tomato Sour Cream Shredded Cheddar Cheese, Salsa	Baked Ziti Fresh Pasta, Classic Italian Marinara Sauce, Baked Mozzarella Cheese Roasted Broccoli Whole Grain Breadstick	Sweet & Sour Chicken Steamed Brown Rice Green Peas & Carrots Medley Whole Grain Dinner Roll	Chicken & Waffles Chicken Tenders Whole Grain Waffle w/ Syrup Potato Wedges
<b>Grill</b>				
Student Choice: <b>ROOST</b> Triple Cheese Panini	Student Choice: <b>ROOST</b> Triple Cheese Panini	Student Choice: <b>ROOST</b> Triple Cheese Panini	Student Choice: <b>ROOST</b> Triple Cheese Panini	Student Choice: <b>ROOST</b> Fish Fillet Sandwich
Crinkle Cut Fries	Crinkle Cut Fries	Tater Tots	Waffle Fries	Potato Wedges
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
<b>2 Mato</b>				
Classic Pepperoni Pizza Cheese Pizza Buffalo Chicken Pizza	Buffalo Chicken Pizza Pasta Station with Salad	Classic Pepperoni Pizza Classic Cheese Pizza Buffalo Chicken Pizza	Buffalo Chicken Pizza Pasta Station with Salad	Buffalo Chicken 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>				
Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad bar
Pasta Salad	Black Bean & Corn Salad	Potato Salad	Citus Chickpea Salad	Potato Salad
Fresh Whole Fruit	Fresh Whole Fruit	Awesome Apples	Fresh Whole Fruit	Fresh Whole Fruit
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
<p><b>MONTHLY FOOD FOCUS: April's Food Focus is YOGURT!***Did you know? An average American eats THIRTEEN pounds of yogurt each year!</b></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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