



EASTHAMPTON HIGH SCHOOL: March 25-29 2019 LUNCH MENU Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Baked Potato Bar Choice of Toppings: Diced Ham, Creamy Cheddar Cheese Sauce, Seasoned Broccoli Florets, Buffalo Chicken Dip Whole Grain Biscuit	Baked Ziti Fresh Pasta, Classic Marinara Sauce Baked Mozzarella Cheese Roasted Broccoli Whole Grain Biscuit	Chicken OR Beef Tacos OR Nachos Seasoned Ground Beef OR Grilled Chicken Whole Grain Tortilla OR Tortilla Chips Diced Tomato, Shredded Lettuce Sour Cream	General Tso's Chicken Steamed Brown Rice Sweet Green Peas Seasoned Carrots	Chicken Tenders Crinkle Cut Fries Side Salad Whole Grain Breadstick
Grill				
Corn Dog	Corn Dog	Corn Dog	Corn Dog	Corn Dog
Tater Tots	Tater Tots	Tater Tots	Tater Tots	Tater Tots
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Pepperoni Pizza Cheese Pizza	BBQ Chicken Pizza	Classic Cheese Pizza Classic Pepperoni Pizza	BBQ Chicken Pizza	BBQ Chicken Pizza Classic Cheese Pizza Classic Pepperoni Pizza
BBQ Chicken Pizza	Pasta Station w/ Veg	BBQ Chicken Pizza	Pasta Station w/ Veg	
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				
Chicken Ranch Wrap Garden Chicken Salad	Chicken Ranch Wrap Garden Salad with Cheese	Chicken Ranch Wrap Garden Chicken Salad	Chicken Ranch Wrap Garden Salad with Cheese	Chicken Ranch Wrap Garden Chicken Salad
Salads offered with two dinner rolls				
EXTRA EXTRA				
Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar
Broccoli Ranch Salad w/ Carrots	Black Bean & Corn Salsa	Black Bean & Corn Salsa	Broccoli Ranch Salad w/ Carrots	Broccoli Ranch Salad w/ Carrots
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Awesome Apples Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit
<p>MONTHLY FOOD FOCUS: March's Food Focus is WHOLE GRAINS!****Wheat provides more calories and protein in the world's diet than any other crop! It is also a staple food for 35% of the earth's population.</p> <p>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.</p>				
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