



**EASTHAMPTON HIGH SCHOOL: March 11-15, 2019 Lunch MENU Lunch \$3.00**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
Turkey Dinner Homemade mashed Potatoes & Gravy Buttery Carrots Cranberry Sauce Whole Grain Biscuit	Soft Beef Tacos Whole Grain Tortilla, Seasoned Ground Beef Shredded Lettuce & Diced Tomato Sour Cream	1/2 Day  Teacher Professional Development  <b>*Modified Lunch Offered</b>	1/2 Day  Parent/Teacher Conference  <b>*Modified Lunch Offered</b>	1/2 Day  Parent/Teacher Conference  <b>*Modified Lunch Offered</b>
<b>Grill</b>				
Italian Chicken Parm Sandwich	Buffalo Blue Chicken Sandwich			
Tater Tots	Tater Tots	Tater Tots	Crinkle Cut Fries	Tater Tots
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 Veg & Fruit		Pasta Station with Veg & Fruit	
<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 Swiss WG Bread Lettuce & Tomato Garden Chicken Salad	Chicken Ranch Wrap Garden Salad with Cheese			
Salads offered with two dinner rolls				
<b>EXTRA EXTRA</b>				
Fresh Greens Salad Bar  Pasta Salad  Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar  Potato Salad  Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar  Black Bean & Corn Salad  Awesome Apples Assorted Chilled Fruit	Fresh Greens Salad bar  Creamy Coleslaw  Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar  Sweet Corn Salad  Fresh Whole Fruit Assorted Chilled Fruit

**MONTHLY FOOD FOCUS: March 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.**

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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