



EASTHAMPTON HIGH SCHOOL: March 18-22, 2019 Lunch MENU Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
BBQ Pulled Pork Sandwich	Buffalo Chicken Dip	Beef OR Chicken Soft Taco OR Nachos	General Tso's Chicken	Chicken & Waffles
Lettuce & Spinach Salad	Whole Grain Tortilla Chips	Whole Grain Tortilla OR Tortilla Chips, Diced Tomato, Shredded Lettuce, Sour Cream	Steamed Brown Rice	Crispy Chicken Tenders
Tater Tots	Carrot & Celery Sticks w/ Ranch Dressing	Seasoned Black Beans	Peas & Carrots Medley	Whole Grain Waffle w/ Syrup
			Steamed Broccoli Florets	Baked Potato Wedges
Grill				
Philly Cheese Steak Burger	Philly Cheese Steak Burger	Philly Cheese Steak Burger	Philly Cheese Steak Burger	Philly Cheese Steak Burger
Tater Tots	Tater Tots	Tater Tots	Tater Tots	Tater Tots
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Pepperoni Pizza Classic Cheese Pizza Meat Lover's Pizza	Meat Lover's Pizza Pasta Station with Veggie	Classic Cheese Pizza Classic Pepperoni Pizza Meat Lover's Pizza	Meat Lover's Pizza Pasta Station with Veggie	Meat Lover's Pizza Classic Cheese Pizza Classic Pepperoni
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	Chicken Ranch Wrap	Buffalo Chicken Wrap	Ham and Cheese on a Whole Wheat Bulky Roll	Tuna Salad Sub
Garden Chicken Salad	Garden Salad with Cheese	Garden Chicken Salad	Garden Salad with Cheese	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	Corn & Black Bean Salsa	Pasta Salad	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!! 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>				
USDA, EPSD, and Chartwells are equal opportunity employers and providers.				