



EASTHAMPTON HIGH SCHOOL: April 8-12, 2019 LUNCH MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Mandarin Orange Chicken	Chicken Fajitas	Chicken & Broccoli Casserole	Spaghetti & Meatballs	Chicken Tenders
Pork Fried Rice	Whole Grain Tortilla, Seasoned Grilled Chicken	Buttery Carrots	Italian Sauteed Green Beans	Peas & Carrots Medley
Roasted Broccoli	Spanish Rice, Sweet Corn	Whole Grain Dinner Roll	Whole Grain Garlic Breadstick	Whole Grain Biscuit
Whole Grain Dinner Roll	Shredded Cheddar Cheese			
	Lettuce, Tomato			
Grill				
Grilled Cheese Burger	Buffalo Chicken Patty on WG ROOST	Grilled Cheese Burger	Grilled Cheese Burger ROOST	Fish Fillet Sandwich ROOST
Tater Puffs	Curly Fries	Sweet Potato Fries	Colassel Fries	Crinkle Cut Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
BBQ Pulled Pork Pizza	Classic Cheese Pizza Pepperoni Pizza	BBQ Pulled Pork Pizza	Classic Cheese Pizza Pepperoni Pizza	BBQ Pulled Pork Pizza Classic Cheese Pizza Classic Pepperoni Pizza
Pasta Station w/Salad	BBQ Pulled Pork Pizza	Pasta Station w/Salad	BBQ Pulled Pork Pizza	
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				
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				
EXTRA EXTRA				
Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar
Citrus Chick Pea Salad Fresh Whole Fruit Assorted Chilled Fruit	Pasta Salad Fresh Whole Fruit Assorted Chilled Fruit	Mixed Bean Salad Awesome Apples Assorted Chilled Fruit	Potato Salad Fresh Whole Fruit Assorted Chilled Fruit	Creamy Coleslaw Fresh Whole Fruit Assorted Chilled Fruit
MONTHLY FOOD FOCUS: October Food Focus is Autumn Squash **				
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.				

USDA, EPSD, and Chartwells are equal opportunity employers and providers.