



**EASTHAMPTON HIGH SCHOOL: May 13-17,2019 Lunch MENU Lunch \$3.00**

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <b>Create</b>  |  |   |  |  |
| <b>"The Roost" Chicken Sandwich</b><br><br><b>Honey Mustard, Teriyaki, OR Original Crispy</b><br><br><b>Colossal Fries</b>   | <b>Nachos</b><br><br><b>Seasoned Ground Beef, Whole Grain Tortilla Chips</b><br><br><b>Homemade Cheddar Cheese Sauce</b><br><br><b>Spicy Black Beans</b><br><br><b>Shredded Cheddar Cheese</b><br><br><b>Salsa, Black Olives</b> | <b>Chicken &amp; Broccoli Alfredo</b><br><br><b>Fresh Pasta, Classic Alfredo Sauce</b><br><br><b>Seasoned Grilled Chicken</b><br><br><b>Roast Broccoli</b><br><br><b>Whole Grain Garlic Bread</b> | <b>Turkey Dinner</b><br><br><b>Homemade Mashed Potato &amp; Gravy</b><br><br><b>Butternut Squash</b><br><br><b>Cranberry Sauce</b><br><br><b>Whole Grain Dinner Roll</b> | <b>Macaroni and Cheese</b><br><br><b>Ham, Bacon, Sauteed Onions</b><br><br><b>Sweet Green Peas</b><br><br><b>Whole Grain Dinner Roll</b> |
| <b>Grill</b>   |  |   |  |  |
| Grilled Cheeseburg Sandwich  | Buffalo Chicken Patty  | Grilled Cheeseburg Sandwich   | Buffalo Chicken Patty  | Grilled Cheeseburg Sandwich  |
| Colossal Fries   | Crinkle Cut Fries  | Colossal Fries  | Crinkle Cut Fries  | Colossal Fries   |
| Cheeseburger and Crispy Breaded Chicken Sandwiches Daily   |  |   |  |  |
| <b>2 Mato</b>  |  |   |  |  |
| Classic Cheese Pizza<br>Classic Pepperoni Pizza<br>Buffalo Chicken Pizza   | Chicken Bacon Ranch Pizza<br><br>Pasta Station w/ Salad  | Classic Cheese Pizza<br>Classic Pepperoni Pizza<br>Buffalo Chicken Pizza  | Chicken Bacon Ranch Pizza<br><br>Pasta Station w/ Salad  | Classic Cheese Pizza<br>Classic Pepperoni Pizza<br>Chicken Bacon Ranch 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<br>Daily Panini Specials. Have your favorite Deli Sandwich Toasted on our Panini press.  |  |   |  |  |
| <b>On The Go</b>   |  |   |  |  |
| Turkey and Cheese WG Bread<br>Lettuce & Tomato<br>Garden Chicken Salad   | Chicken Ranch Wrap<br><br>Garden Salad with Cheese   | Buffalo Chicken Wrap<br><br>Garden Chicken Salad  | Ham and Cheese on WG Bulky Roll<br><br>Garden Salad w/ Cheese  | Tuna Salad Wrap<br><br>Garden Chicken Salad  |
| Salads offered with two dinner rolls   |  |   |  |  |
| <b>EXTRA EXTRA</b>   |  |   |  |  |
| <b>Fresh Greens Salad Bar</b><br><br><b>Pasta Salad</b><br><br><b>Fresh Whole Fruit</b><br><b>Assorted Chilled Fruit</b>   | <b>Fresh Greens Salad Bar</b><br><br><b>Black Bean &amp; Corn Salsa</b><br><br><b>Fresh Whole Fruit</b><br><b>Assorted Chilled Fruit</b>   | <b>Fresh Greens Salad Bar</b><br><br><b>Citrus Chickpea Salad</b><br><br><b>Awesome Apples</b><br><b>Assorted Chilled Fruit</b>   | <b>Fresh Greens Salad Bar</b><br><br><b>Pasta Salad</b><br><br><b>Fresh Whole Fruit</b><br><b>Assorted Chilled Fruit</b>   | <b>Fresh Greens Salad bar</b><br><br><b>Sweet Corn Salad</b><br><br><b>Fresh Whole Fruit</b><br><b>Assorted Chilled Fruit</b>            |
| <b>MONTHLY FOOD FOCUS: May's Food Focus is KALE!!</b> <span style="float: right;">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.</span> |  |   |  |  |
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| USDA, EPSD, and Chartwells are equal opportunity employers and providers.  |  |   |  |  |