



EASTHAMPTON HIGH SCHOOL: May 20-24 2019 Lunch MENU Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Chicken Parmesan Fresh Ziti, Seasoned Chicken, Baked Mozzarella, Classic Marinara Sauce Italian Sauteed Green Beans Whole Grain Garlic Breadstick	Beef Tacos Seasoned Ground Beef, Whole Grain Hard Shell, Cheddar Cheese, Salsa, Lettuce, Tomato Steamed Brown Rice Carrots	Chicken Fajitas Seasoned Grilled Chicken, Whole Grain Tortilla Sauteed Onions & Peppers Seasoned Brown Rice Sweet Corn	Baked Potato Bar Choice of Toppings: Crisp Pepperoni, Chopped Jalapenos, Cheddar Cheese Sauce Seasoned Broccoli Whole Grain Biscuit	Buffalo Chicken Dip Whole Grain Tortilla Chips Green Beans
Grill				
Buffalo Chicken Sandwich Crinkle Cut Fries	BBQ Chicken Melt Colossal Fries	BBQ Chicken Melt Crinkle Cut Fries	BBQ Chicken Melt Colossal Fries	Fish Fillet Sandwich Crinkle Cut Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Pepperoni Pizza Cheese Pizza Chicken Broccoli Pizza	Bacon Cheeseburg Pizza Pasta Station with Salad	Classic Cheese Classic Pepperoni Chicken Broccoli Pizza	Bacon Cheeseburg Pizza Pasta Station with Salad	Chicken Broccoli Pizza Pepperoni Pizza Cheese 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	Turkey & Cheese Wrap Garden Chicken Salad
Salads offered with two dinner rolls				
EXTRA EXTRA				
Fresh Greens Salad bar Sweet Corn Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Black Bean & Corn Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Potato Salad Awesome Apples Assorted Chilled Fruit	Fresh Greens Salad Bar Citrus Chickpea Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Creamy Coleslaw Fresh Whole Fruit Assorted Chilled Fruit

MONTHLY FOOD FOCUS: May's Food Focus is KALE!!

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