



EASTHAMPTON HIGH SCHOOL: May 6-10, 2019 LUNCH MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
<p>Tacos</p> <p>Seasoned Ground Beef, Whole Grain Hard Shells</p> <p>Shredded Cheddar Cheese, Lettuce, Tomato</p> <p>Seasoned Brown Rice</p> <p>Carrots</p>	<p>Chicken Fajitas</p> <p>Seasoned Grilled Chicken, Whole Grain Tortilla</p> <p>Sauteed Onions & Peppers, Shredded Cheddar Cheese</p> <p>Sweet Corn</p> <p>Steamed Brown Rice</p>	<p>Ziti & Meatballs</p> <p>Fresh Pasta, Classic Italian Marinara Sauce</p> <p>Sauteed Italian Green Beans</p> <p>Whole Grain Garlic Breadstick</p>	<p>BBQ Pulled Pork</p> <p>Macaroni & Cheese</p> <p>Butternut Squash</p> <p>Whole Grain Biscuit</p>	<p>Buffalo Chicken Dip</p> <p>Whole Grain Tortilla Chips</p> <p>Sweet Corn</p>
Grill				
Chicken & Cheese Quesadilla	Buffalo Chicken Patty on WG Bun	Chicken & Cheese Quesadilla	BBQ Chicken Melt	Chicken & Cheese Quesadilla
Sweet Potato Fries	Potato Wedges	Sweet Potato Fries	Crinkle Cut Fries	Tater Tots
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Pepperoni Pizza Cheese Pizza Buffalo Chicken Pizza	Meat Lover's Pizza Pasta Station with Salad	Classic Cheese Pizza Classic Pepperoni Pizza Chicken Bacon Ranch Pizza	Meat Lover's Pizza Pasta Station with Salad	Chicken Bacon Ranch Pizza Classic Cheese Pizza Classic Pepperoni 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 Chickpea Salad	Pasta Salad	Mixed Bean Salad	Potato Salad	Coleslaw
Fresh Whole Fruit	Fresh Whole Fruit	Awesome Apples	Fresh Whole Fruit	Fresh Whole Fruit
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
<p>Monthly Food Focus: May's Food Focus is KALE!***Kale is a Cruciferous vegetable, which means it is in the same family as broccoli, brussels sprouts, and cabbage! 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.</p>				

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