



EASTHAMPTON HIGH SCHOOL: June 10-14, 2019 Lunch MENU

Lunch \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Buffalo Chicken Dip Whole Grain Tortilla Chips Sweet Corn	Chicken Fajitas Warm Whole Grain Tortilla, Seasoned Chicken Grilled Onions & Peppers Steamed Brown Rice, Carrots Shredded Cheddar Cheddar Cheese	Ziti & Meatballs Fresh Ziti, Classic Marinara Sauce Meatballs Italian Sauteed Green Beans Whole Grain Garlic Breadstick	Nachos Seasoned Ground Beef, Whole Grain Tortilla Chips Homemade Cheddar Cheese Sauce Black Beans, Olives	The "ROOST" Honey Mustard, Nashville HOT, or Original Crispy Colossal Fries
Grill				
Grilled Cheese Sandwich	Buffalo Chicken Sandwich	Grilled Cheese Sandwich	Buffalo Chicken Sandwich	Grilled Cheese Sandwich
Crinkle Cut Fries	Colossal Fries	Sweet Potato Fries	Krinkle Kut Fries	Colossal Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Classic Pepperoni Pizza Classic Cheese Pizza Cheeseburg Pizza	Meat Lover's Pizza Pasta Station with Salad	Classic Pepperoni Pizza Classic Cheese Pizza Cheeseburg Pizza	Meat Lover's Pizza Pasta Station with Salad	Cheeseburg Pizza Classic Pepperoni Pizza Classic 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	Chicken Ranch Wrap Garden Chicken Salad
Salads offered with two dinner rolls				
EXTRA EXTRA				
Fresh Greens Salad Bar Citrus Chickpea Salad Fresh Veggies Assorted Chilled Fruit	Fresh Greens Salad Bar Black Bean and Corn Salad Fresh Veggies Assorted Chilled Fruit	Fresh Greens Salad Bar Pasta Salad Fresh Veggies Assorted Chilled Fruit	Fresh Greens Salad Bar Citrus Chickpea Salad Fresh Veggies Assorted Chilled Fruit	Fresh Greens Salad Bar Pasta Salad Fresh Veggies Assorted Chilled Fruit

MONTHLY FOOD FOCUS: June's Food Focus is MELON!!

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.



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