EASTHAMPTON HIGH SCHOOL: Sept. 3-6, 2019 Lunch MENU

Lunch $3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
NO SCHOOL **LABOR DAY**	**Chicken Parmesan** **Seasoned Chicken, Baked Mozzarella** **Fresh Ziti, Classic Marinara Sauce** **Italian Sauteed Green Beans** **Whole Grain Garlic Breadstick**	**Nachos** **Seasoned Ground Beef, Whole Grain Tortilla Chips** **Cheddar Cheese Sauce, Black Olives** **Spicy Black Beans** **Sweet Corn**	**Chicken Broccoli Alfredo** **Seasoned Grilled Chicken** **Classic Alfredo Sauce, Fresh Pasta** **Seasoned Broccoli** **Whole Grain Garlic Breadstick**	**Macaroni and Cheese Bar** **Choice of Toppings: Ham, Chicken Bits, Bacon** **Carrots** **Whole Grain Biscuit**
Grill				
	Buffalo Chicken Pizza	Grilled Cheese Sandwich	Corn Dog	Grilled Cheese Panini
	Crinkle Cut Fries	Colossal Fries	Crinkle Cut Fries	Colossal Fries
Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
	Meat Lover's Pizza Pasta Station w/ Salad	Classic Cheese Pizza Pepperoni Pizza Chicken Bacon Ranch Pizza	Supreme/Combo Pizza Pasta Station w/ Salad	Classic Cheese Pizza Classic Pepperoni Pizza Buffalo Chicken 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				
	Chicken Ranch Wrap Garden Salad with Cheese	Buffalo Chicken Wrap Garden Chicken Salad	Ham and Cheese on WG Bulky Roll Garden Salad w/ Cheese	Tuna Salad Sub Garden Chicken Salad
Salads offered with two dinner rolls				
EXTRA EXTRA				
Fresh Greens Salad Bar **Citrus Chickpea Salad** **Fresh Whole Fruit** **Assorted Chilled Fruit**	**Fresh Greens Salad Bar** **Citrus Chickpea Salad** **Fresh Whole Fruit** **Assorted Chilled Fruit**	**Fresh Greens Salad Bar** **Black Bean & Corn Salad** **Awesome Apples** **Assorted Chilled Fruit**	**Fresh Greens Salad Bar** **Citrus Chickpea Salad** **Fresh Whole Fruit** **Assorted Chilled Fruit**	**Fresh Greens Salad bar** **Pasta Salad** **Fresh Whole Fruit** **Assorted Chilled Fruit**

MONTHLY FOOD FOCUS: **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.**

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