



**EASTHAMPTON HIGH SCHOOL: Sept. 9-13, 2019 Lunch MENU**

**Lunch \$3.00**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Create</b>				
Sweet 'n' Sour Chicken	Beef Tacos	Pasta with Meat Sauce	Buffalo Chicken Dip	Stuffed Baked Potato
Popcorn Chicken	Whole Grain Hard Shells, Seasoned Ground Beef	Fresh Pasta, Classic Italian Meat Sauce	Whole Grain Tortilla Chips	Cheddar Cheese Sauce, Ham, Bacon, Sour Cream
Steamed Brown Rice	Shredded Lettuce & Diced Tomato, Shredded Cheddar	Italian Sauteed Green Beans	Carrots	Broccoli
Carrots	Seasoned Brown Rice	Whole Grain Garlic Breadstick		Whole Grain Biscuit
Whole Grain Biscuit	Sweet Corn			
<b>Grill</b>				
Grilled Cheese Sandwich	Buffalo Chicken Sandwich	Grilled Cheese Sandwich	Corn Dog	Grilled Cheese 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 Pepperoni Pizza	Meat Lover's Pizza	Classic Cheese Pizza	Supreme/Combo Pizza	Buffalo Chicken Pizza
Classic Cheese Pizza	Pasta Station with Salad	Pepperoni Pizza	Pasta Station with Salad	Classic Cheese Pizza
Buffalo Chicken Pizza		Chicken Bacon Ranch		Classic Pepperoni 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 Daily Panini Specials. Have your favorite Deli Sandwich Toasted on our Panini press.				
<b>On The Go</b>				
Turkey and Swiss WG Bread Lettuce & Tomato	Chicken Ranch Wrap	Ham & Cheese Wrap	Chicken Ranch Wrap	Tuna Salad Sub
Garden Chicken Salad	Garden Salad with Cheese	Garden Salad w/Chicken	Garden Salad w/ Cheese	Garden Salad w/ Chicken
Salads offered with two dinner rolls				
<b>EXTRA EXTRA</b>				
Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad bar	Fresh Greens Salad Bar
Pasta Salad	Black Bean & Corn Salad	Black Bean & Corn Salad	Creamy Coleslaw	Sweet Corn Salad
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Awesome Apples Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit
<b>MONTHLY FOOD FOCUS:</b>				
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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