



EASTHAMPTON HIGH SCHOOL: Oct 7-11, 2019 Lunch MENU

Lunch \$3.15

Monday	Tuesday	Wednesday	Thursday	Friday
Create				
Sweet 'N'Sour Chicken Popcorn Chicken, Seasoned Brown Rice, Buttery Carrots Whole Grain Biscuit	Tacos Seasoned Ground Beef, Whole Grain Hard Shells Seasoned Brown Rice, Sweet Corn Shredded Cheddar Cheese Lettuce, Tomato	Pasta with Meat Sauce Fresh Pasta, Classic Italian Meat Sauce Italian Sauteed Green Beans Whole Grain Garlic Breadstick	Buffalo Chicken Dip Whole Grain Tortilla Chips Seasoned Carrots	Baked Potato Bar Choice of Toppings: Ham, Bacon, Cheddar Cheese Sauce, Sour Cream Broccoli Whole Grain Flatbread
Grill				
Grilled Cheese Sandwich	Buffalo Chicken Patty	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				
2 Mato				
Classic Cheese Pizza Classic Pepperoni Pizza Buffalo Chicken Pizza	Meat Lover's Pizza Pasta Station w/ Salad	Classic Cheese Pizza Classic Pepperoni Pizza Chicken Bacon Ranch Pizza	Combo/Supremo 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				
Turkey and Cheese WG Bread Lettuce & Tomato Garden Chicken Salad	Chicken Ranch Wrap Garden Salad with Cheese	Chicken Salad Wrap Garden Chicken Salad	Ham and Cheese on WG Bulky Roll Garden Salad w/ Cheese	Chicken Salad Sub Garden Chicken Salad
Salads offered with two dinner rolls				
EXTRA EXTRA				
Fresh Greens Salad Bar Pasta Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Black Bean & Corn Salsa Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad Bar Citrus Chickpea Salad Awesome Apples Assorted Chilled Fruit	Fresh Greens Salad Bar Pasta Salad Fresh Whole Fruit Assorted Chilled Fruit	Fresh Greens Salad bar Sweet Corn Salad Fresh Whole Fruit Assorted Chilled Fruit
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.				