



EASTHAMPTON HIGH SCHOOL: LUNCH MENU OCT. 2021 (WK. 10/4-10/8)

ALL STUDENTS EAT FOR FREE

Monday 10/4	Tuesday 10/5	Wednesday 10/6	Thursday 10/7	Friday 10/8
Create				
Beef Tacos w/ Topping	Macaroni & Cheese	Spicy Glazed Asian Chicken	Nachos w/ Toppings	Chicken Tenders
Brown Rice	Steamed Broccoli	Brown Rice	Refried Beans	Oven Wedges
	Cornbread	Asian Blend Veggies	Garden Salad	Corn on the Cob
Grill				
Bacon Cheeseburger	Spicy Chicken Sandwich	BBQ Rib Sandwich	Grilled Chicken Sandwich	Italian Sausage
Oven Baked Fries	Oven Baked Fries	Oven Baked Fries	Oven Baked Fries	Oven Baked Fries
Veggie Burger, Cheeseburger and Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Pepperoni Personal Pizza	Pepperoni Personal Pizza	Vegetable Pizza	Pepperoni Personal Pizza	Steak & Cheese Personal Pizza
Cheese Personal Pizza	Cheese Personal Pizza	Meatlovers Pizza	Cheese Personal Pizza	Cheese Personal Pizza
Deli				
<p>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.</p>				
On The Go				
Egg Salad on Bulky Roll Turkey BLT Salad	Ham & Cheese Sub Buffalo Chicken Salad	Turkey BLT Ham & Cheese Chef Salad	Buffalo Chicken Wrap Popcorn Chicken Salad	Tuna Wrap Chicken BLT Salad
Salads offered with Fresh Biscuit				
Extra Extra				
Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar
Three Bean Salad	Citrus Chickpea Salad	Black Bean & Corn Salsa	Citrus Chickpea Salad	Pasta Salad
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit
Secondary: A full				
<p>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.</p>				
MENU IS SUBJECT TO CHANGE				
<p>USDA, EPSD, and Chartwells are equal opportunity employers and providers.</p>				