



EASTHAMPTON ELEMENTARY SCHOOLS: LUNCH MENU OCT. 2021

ALL STUDENTS EAT FOR FREE

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Pizza Steamed Corn
4	5	6	7	8
Breakfast for Lunch French Toast Sticks Sausage Patty, Tater Tots	Chicken Nuggets Steamed Brown Rice Sweet Green Peas	Toasted Cheese Sandwich Whole Grain Goldfish Crackers Steamed Carrots	Cheeseburger Tater Tots	Cheese Pizza Oven Baked Wedges
11	12	13	14	15
NO SCHOOL	Hot Dog Oven Baked Fries Baked Beans	Macaroni & Cheese Steamed Green Beans Dinner Roll	Meatball Grinder Whole Grain Goldfish Crackers Carrots	French Bread Cheese Pizza Steamed Corn
18	19	20	21	22
Crispy Chicken Sandwich Oven Baked Wedges Steamed Carrots	Cheese Quesadilla Spanish Rice Steamed Broccoli	Pasta w/ Meat sauce Steamed Carrots Whole Grain Breadstick	1/2 Day Bag Lunch Available	1/2 Day Bag Lunch Available
25	26	27	28	29-Jan
Popcorn Chickxen Mashed Potatoes Steamed Broccoli	Beef Nachos Steamed Corn	1/2 Day Bag Lunch Available	Cheeseburger Tater Tots	French Bread Cheese Pizza Steamed Corn
Choose With Any Meal				
Fresh Cherry Tomatoes Cucumbers Wheels Assorted Fresh Fruit Assorted Chilled Fruit	Celery Sticks Corn and Black Bean Salsa Assorted Fresh Fruit Assorted Chilled Fruit	Carrot Sticks Fresh Broccoli Assorted Fresh Fruit Assorted Chilled Fruit	Cucumber Wheels Three Bean Salad Assorted Fresh Fruit Assorted Chilled Fruit	Squash Sticks Sweet Green Peas Assorted Fresh Fruit Assorted Chilled Fruit
Weekly Alternate Meals				
FUN LUNCH Blueberry Muffin & Goldfish Fun Lunch w/Yogurt Cup, String Cheese	FUN LUNCH Soft Pretzel w/ Cheese Sauce Cup, Yogurt Cup, Cheez-its	Deli Turkey Sandwich w/ Chips Veggie Bag and Raisins	FUN LUNCH Crispy Tortilla Shell Rounds w/ Shredded Cheddar, Salsa and Pretzel bag	FUN LUNCH Mini Pancake & Goldfish Fun Lunch w/Yogurt Cup, String Cheese
USDA, EASTHAMPTON PS, AND CHARTWELL'S ARE AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER.				
MENU ARE SUBJECT TO CHANGE				