



EASTHAMPTON HIGH SCHOOL: LUNCH MENU OCT. 2021 (WK. 10/11-10/15)

ALL STUDENTS EAT FOR FREE

Monday 10/11	Tuesday 10/12	Wednesday 10/13	Thursday 10/14	Friday 10/15
Create				
NO SCHOOL	Chicken Fajita w/ Fixings	Pasta w/ Meat Sauce	Pancakes	Burger Bar
	Mexican Rice	Steamed Broccoli	Sausage Patty	Oven Fries
	Steamed Corn	Garlic Flat Bread	Hash Brown Patty	Roasted Brussel Sprouts
	Grill			
	Grilled Cheese Sandwich	Bacon Swiss Burger	Grilled Chicken Sandwich	Bacon Wrapped Hot Dog Dog
	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	Vegetable Pizza	Pepperoni Personal Pizza	BBQ Chicken Personal Pizza
	Cheese Personal Pizza	Meatlovers Pizza	Cheese Personal Pizza	Cheese Personal Pizza
Deli				
<p style="color: red; font-size: small;">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				
	Ham & Cheese Sub Chicken BLT Salad	Turkey BLT Ham & Cheese Chef Salad	Buffalo Chicken Wrap Popcorn Chicken Salad	Tuna Wrap Buffalo Chicken Salad
Salads offered with two dinner rolls				
Extra Extra				
	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar	Fresh Greens Salad Bar
	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
<p style="font-size: small;">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.</p>				
<p>MENU IS SUBJECT TO CHANGE</p>				
<p>USDA, EPSD, and Chartwells are equal opportunity employers and providers.</p>				