



Easton Middle School May 2018



Week 1		1 Meatball Sub Steamed Carrots Strawberry Cups	2 Popcorn Chicken Bowl w/wo Fresh Baked WG Roll Mashed Potatoes, Corn Mandarin Oranges	3 Cuban Sandwich Baked Beans Diced Peaches	4 Chicken Nuggets w/wo Fresh Baked WG Roll Steamed Broccoli Mixed Fruit
Week 2	7 French Toast Sticks w/wo Eggs Tater Tots Strawberry Cups	8 Homemade Ziti w/wo Fresh Baked WG Breadstick Steamed Broccoli Mixed Fruit	9 Chicken w/wo Fresh Baked WG Biscuit Steamed Carrots Pineapple Tidbits	10 Chicken Burrito Bar Spanish Black Beans Diced Pears	11 Chicken & Waffles French Fries Mixed Fruit
Week 3	14 BBQ Burgers on the Grill Corn on the cob Applesauce 	15 Spaghetti & Meatballs w/wo Fresh Baked Garlic Breadstick Green Beans Applesauce	16 Chicken Tenders w/wo Fresh Baked WG Roll Baked Beans Diced Peaches	17 Homemade Chicken Enchiladas Steamed Broccoli Diced Pears	18 General Tso's Chicken w/wo Brown Rice Steamed Carrots Mandarin Oranges
Week 4	21 Dutch Waffle w/wo Strawberry Topping w/wo Eggs Tater Tots Applesauce	22 Pizza & Buffalo Cheese Crunchers Steamed Carrots Mixed Fruit	23 Steak & Cheese Sub French Fries Pineapple Tidbits	24 Beefy Nachos w/wo Spanish Rice Refried Beans Diced Pears	25 Chicken Paremisan w/Pasta Steamed Broccoli Mixed Fruit
Week 5	28 NO SCHOOL	29 Homemade Lasagna w/wo Fresh Baked Breadstick Steamed Carrots Mixed Fruit	30 Teriyaki Beef & Veggie Stir Fry w/wo Brown Rice Oriental Mixed Vegetables Diced Peaches	31 Soft Shell Taco Refried Beans Diced Pears	



Fast Takes Salad Choices:

- Week 1: Crispy Chicken Salad
- Week 2: Chef Salad
- Week 3: Turkey Cobb Salad
- Week 4: Chicken Caesar Salad
- Week 5: Buffalo Chicken Salad

Garden Salad w/Cheese available daily. All Salads are served with a fresh baked WG Roll



A variety of fresh, whole, **raw fruits & veggies** are available every day they may include Apples, Oranges, Bananas, Carrots, Celery, Broccoli & Cucumbers (as in season).



Daily Grill Choices:

- Monday: Buffalo Chicken Sandwich
- Tuesday: Bacon Cheeseburger
- Wednesday: Hot Dog on a Bun
- Thursday: Buffalo Chicken Sandwich
- Friday: Fish Sandwich

Cheeseburger & Chicken Patty Daily



Upper Crust Choices:

- Monday: Meat Lovers
- Tuesday: Calzones
- Wednesday: Meat Lovers
- Thursday: Calzones
- Friday: Meat Lovers

Cheese & Pepperoni Daily



Deli Sandwich Choices:

- Week 1: Chicken Caesar Wrap
- Week 2: Chicken Salad Sub
- Week 3: Chicken Ranch Wrap
- Week 4: Ham, Turkey & Cheese Sub
- Week 5: Italian Sub

Turkey and Cheese Sub available everyday



Variety Bar:

- Week 1: Salad Bar – tossed to order
- Week 2: Mac & Cheese Bar
- Week 3: Mexican Bar
- Week 4: Chopsticks Bar
- Week 5: Potato Bar Extravaganza

Meal Definition: 1 meat/meat alternative, 1 bread/grain, 1 servings of fruit, 2 servings of vegetables & 1 low fat or fat free milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.



This month's feature is **"Big Time BBQ"**! Check out the specials in red

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