



Easton Middle School November 2018



Week 1				1 General Tso's Chicken w/wo Brown Rice Steamed Carrots Mandarin Oranges	2 Grilled Ham & Cheese on Pretzel Bun Baked Beans Diced Peaches
Week 2	5 Pancakes w/wo Sausage Broccoli/Tater Tots Applesauce	6 Homemade Baked Ziti w/wo Fresh Baked WG Garlic Breadstick Steamed Carrots Mixed Fruit	7 Popcorn Chicken Bowl w/wo Fresh Baked WG Roll Mashed Potatoes, Corn Diced Pears	8 NO SCHOOL	9 NO SCHOOL
Week 3	12 Scrambled Eggs w/wo Sausage w/wo Toast Hash Browns Mandarin Oranges	13 Chicken Parmesan w/Pasta Steamed Broccoli Mixed Fruit	14 THANKSGIVING MEAL Roasted Turkey w/wo Fresh Baked WG Roll, stuffing, mashed potatoes w/wo gravy, green beans, fruit	15 Beefy Nachos w/wo Spanish Rice Refried Beans Diced Pears	16 Chicken Tenders w/wo Fresh Baked WG Biscuit Steamed Carrots Diced Peaches
Week 4	19 Breakfast Burrito Tater Tots Mixed Fruit	20 Spaghetti & Meatballs w/wo Fresh Baked Garlic Breadstick Steamed Broccoli Applesauce	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL
Week 5	26 Dutch Waffle w/wo Strawberry Topping w/wo Eggs Hash Browns Applesauce	27 Chicken Alfredo w/wo Fresh Baked Breadstick Steamed Broccoli Diced Pears	28 Homemade Chicken Enchiladas Spanish Black Beans Diced Peaches	29 Zesty Orange Chicken w/wo Fried Rice Oriental Mixed Vegetables Mandarin Oranges	30 Chicken Nuggets w/wo Fresh Baked WG Roll Steamed Carrots Diced Peaches

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).

Upper Crust Choices:
 Monday: Meat Lovers
 Tuesday: Calzones
 Wednesday: Meat Lovers
 Thursday: Calzones
 Friday: Meat Lovers
Cheese & Pepperoni Daily
NOVEMBER 29, BUFFALO CHICKEN CALZONE

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

Variety Bar:
 Week 1: Mexican Bar
 Week 2: Chopsticks Bar
 Week 3: Macaroni & Cheese Bar
 Week 4: Tot & Fry Bar
 Week 5: Pasta Bar

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

All items can be purchased a la carte entrees are \$2.50
 A la carte items sold include baked chips (variety of flavors) for \$.65 to \$1.25, Fresh Baked Cookies for \$.75 each, Chocolate Filled Cookies \$1.25 each, Fruit Roll Ups and Scooby Snacks for \$.80, Rice Krispy Treats for \$1.25, Low Fat Ice Cream Novelties for \$1.00 - \$1.50. Pop Tarts and Nutri Grain Bars \$1.25. Yogurt \$1.25. Tropicana Juice \$1.75. Bottled Small \$.50 and large \$1.25

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 **"EAT THE HEAT"** ! Check out the specials in red

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