



# Easton Middle School March 2018



Week 1				1 Chicken Burrito Bar Spanish Black Beans and/or Steamed Corn Diced Pears	2 Chili Cheese Dog Steamed Carrots Steamed Broccoli Mixed Fruit
Week 2	5 Chicken w/wo WG Biscuit French Fries Peas Strawberry Cups	6 Spaghetti & Meatballs w/wo breadstick Green Beans Corn or the Cob Applesauce	7 Soft Shell Taco <b>Glorious Grilled Cheese Pepperoni</b> Refried Beans Cauliflower Diced Peaches	8 Homemade Chicken Enchiladas Steamed Broccoli Diced Pears	9 General Tso's Chicken w/wo Brown Rice Steamed Carrots Oriental Mixed Vegetables Mandarin Oranges
Week 3	12 Dutch Waffle w/wo Strawberry Topping w/wo Eggs Tater Tots Applesauce	13 Pizza & Buffalo Cheese Crunchers Steamed Carrots Diced Peaches	14 Teriyaki Beef & Veggie Stir Fry w/Brown Rice Steamed Broccoli Pineapple Tidbits	15 Cuban Sandwich Baked Beans Peas Diced Pears	16 Chicken Parmesan w/ Pasta w/wo WG Roll California Veggies Mixed Fruit
Week 4	19 Ring of Eggcellence Hash Browns Applesauce	20 Homemade Lasagna Green Beans Cauliflower Mixed Fruit	21 Steak & Cheese Sub Steamed Carrots Peppers & Onions Diced Peaches	22 Beefy Nachos w/wo Spanish Rice Spanish Black Beans Diced Pears	23 Chicken Alfredo w/pasta & breadstick Steamed Broccoli Mandarin Oranges
Week 5	26 French Toast Sticks w/wo Sausage Patty Tater Tots Applesauce	27 Meatball Sub Glazed Carrots Peas Diced Pears	28 Popcorn Chicken Bowl <b>w/wo</b> WG Roll Mashed Potatoes Corn Mandarin Oranges	29 Soft Shell Taco Refried Beans Diced Peaches	30 <b>NO SCHOOL</b>



### Fast Takes Salad Choices:

- Week 1: Chef Salad
  - Week 2: Turkey Cobb Salad
  - Week 3: Chicken Caesar Salad
  - Week 4: Buffalo Chicken Salad
  - Week 5: Crispy Chicken Salad
- Garden Salad w/Cheese w/Roll available daily*



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*

**SP** All pizzas feature whole grain crusts



### Variety Bar:

- Week 1: Potato Bar Extravaganza
- Week 2: Mac & Cheese Bar
- Week 3: Mexican Bar
- Week 4: Chopsticks Bar
- Week 5: Pasta Bar



### Deli Sandwich Choices:

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

*Turkey and Cheese Sub available everyday*



This month's feature is "**Glorious Grilled Cheese**"! Check out the specials in red

**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.

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