



# Easton Middle School June 2018



Week 1					1 <b>Chicken Alfredo w/ Pasta and Fresh Baked WG Breadstick</b> Steamed Broccoli Mandarin Oranges
Week 2	4 <b>French Toast Sticks w/wo Eggs</b> Hash Browns Strawberry Cups	5 <b>Mini Corn Dogs</b> <b>Popcorn Chicken w/wo Fresh Baked Roll</b> Baked Beans Applesauce	6 <b>Chicken w/wo Fresh Baked WG Dinner Roll</b> Steamed Carrots Pineapple Tidbits	7 <b>Homemade Baked Ziti w/wo Fresh Baked Breadstick</b> Steamed Broccoli Mixed Fruit	8 <b>Chicken &amp; Waffles</b> French Fries Applesauce
Week 3	11 <b>Macaroni &amp; Cheese Bar</b> Baked Beans Mandarin Oranges	12 <b>Spaghetti &amp; Meatballs w/wo Fresh Baked Garlic Breadstick</b> Steamed Broccoli Applesauce	13 <b>Tacos</b> Refried Beans Mixed Fruit	14 <b>Chicken Tenders w/wo Fresh Baked WG Roll</b> French Fries Strawberry Cups	15
Week 4	18	19	20	21	22
Week 5	25	26	27	28	29

**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*

**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*

**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: Potato Bar Extravaganza  
 Week 2: Variety Bar  
 Week 3:  
 Week 4:  
 Week 5:

**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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