



Easton Middle School September 2018



Week 1					
Week 2	3 NO SCHOOL	4 Chicken & Waffles French Fries Steamed Broccoli Applesauce	5 Homemade Ziti w/wo garlic breadstick Green Beans Mixed Fruit	6 Chicken Nuggets w/wo Fresh Baked WG Roll Baked Beans Diced Peaches	7 Cuban Sandwich Carrot Coins Pineapple Tidbits
Week 3	10 Chicken Tenders w/wo Fresh Baked WG Biscuit French Fries Applesauce	11 Spaghetti & Meatballs w/wo Fresh Baked Garlic Breadstick Green Beans Pineapple Tidbits	12 Soft Shell Taco Refried Beans Diced Peaches	13 Homemade Chicken Enchiladas Steamed Broccoli Diced Pears	14 Chicken Parmesan w/Pasta Steamed Carrots Mixed Fruit
Week 4	17 Dutch Waffle w/wo Strawberry Topping w/wo Eggs Tater Tots Applesauce	18 Grilled Ham & Cheese on Pretzel Bun Steamed Carrots Mixed Fruit	19 Steak & Cheese Sub French Fries Pineapple Tidbits	20 Beefy Nachos w/wo Spanish Rice Refried Beans Diced Pears	21 Chicken Nuggets w/wo Fresh Baked WG Roll Steamed Broccoli Diced Peaches
Week 5	24 Ring of Eggcellence Hash Browns Applesauce	25 Homemade Lasagna/w/wo Fresh Baked Breadstick Steamed Carrots Mixed Fruit	26 Sweet Chili Sauce Burger Popcorn Chicken Bowl w/wo Fresh Baked WG Roll Mashed Potatoes, Corn Mandarin Oranges	27 Soft Shell Taco Refried Beans Diced Pears	28 Chicken Alfredo w/wo Fresh Baked Breadstick Steamed Broccoli Mixed Fruit

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

All pizzas feature whole grain crusts

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

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.

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



This month's feature is **"International Burgers"** ! Check out the specials in red

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