



Easton High School May 2018



Week 1
 Week 2
 Week 3
 Week 4
 Week 5

	1. Meatball Sub 2. Chicken Nuggets w/wo Fresh Baked WG Roll Steamed Carrots Strawberry Cups	Popcorn Chicken Bowl Buffalo Chicken Flatbread Mashed Potatoes, Corn Mandarin Oranges	Cuban Sandwich Chicken Tenders w/wo Fresh Baked WG Roll Baked Beans Diced Peaches	1. Chicken Nuggets w/wo Fresh Baked WG Roll 2. Ham & Cheese Flatbread Steamed Broccoli Fruit Cocktail
1. Chicken & Waffles 2. Breakfast Flatbread French Fries; Applesauce	1. Homemade Ziti w/wo Fresh Baked Breadstick 2. Grilled Cheese Sandwich Steamed Carrots Mixed Fruit	1. Macaroni & Cheese Bar Featuring pork bbq, hot & spicy chicken, and taco toppings Steamed Broccoli Diced Peaches	1. Chicken Burrito Bar Spanish Black Beans Diced Pears	1. BBQ Burgers on the Grill 2. Chicken Nuggets w/wo Fresh Baked WG Roll Corn on the Cob Mandarin Oranges
1. Chicken w/wo WG Biscuit 2. Chicken & Cheese Quesadilla French Fries Strawberry Cups	1. Spaghetti & Meatballs w/wo Fresh Baked WG Breadstick 2. Chicken Nuggets w/wo Fresh Baked WG Roll Green Beans Cauliflower	1. Soft Shell Taco 2. Buffalo Chicken Flatbread Refried Beans Diced Peaches	1. Homemade Chicken Enchiladas 2. Steak & Cheese Sub Steamed Broccoli Peppers & Onions Diced Pears	1. General Tso's Chicken w/wo Brown Rice 2. Chicken & Cheese Flatbread Steamed Carrots Mandarin Oranges
1. Dutch Waffle w/wo Strawberry Topping w/wo Eggs 2. Meatball Sub Tater Tots Applesauce	1. Pizza & Buffalo Cheese Crunchers 2. Chicken Tenders w/wo Fresh Baked WG Roll Steamed Carrots Diced Peaches	1. Potato Bar Extravaganza Featuring baked potatoes, mashed potatoes & chili cheese fries Steamed Broccoli Pineapple Tidbits	1. Beefy Nachos w/wo Spanish Rice 2. BBQ Chicken Flatbread Refried Beans Diced Pears	1. Chicken Parmesan w/Pasta 2. Popcorn Chicken w/wo Fresh Baked WG Roll Steamed Broccoli Mixed Fruit
NO SCHOOL	1. Homemade Lasagna w/wo Fresh Baked breadstick 2. Breakfast Flatbread Steamed Carrots Mixed Fruit	1. Teriyaki Beef & Veggie Stir Fry w/wo Brown Rice 2. Buffalo Chicken Flatbread Oriental Mixed Vegetables Mandarin Oranges	1. Taco Bar Choice of Soft Shell or chips Beef or Chicken Refried Beans Diced Peaches	

SALADS

Salads served with Fresh Baked Dinner Roll(s)

Daily Salad Choices:

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

A variety of seasonal fresh fruits and vegetables are available daily – apples, oranges, bananas, cupped fruit, broccoli, baby carrots

Low Fat and Fat Free Milk is available for all meals

PIZZA

All pizzas feature whole grain crusts

Pizza Choices:

Monday: Buffalo Chicken & Steak & Cheese Calzones
 Tuesday: Meat Lovers & Buffalo Chicken Calzones
 Wednesday: Chicken Bacon Ranch & Steak & Cheese Calzones
 Thursday: Meat Lovers & Buffalo Chicken Calzones
 Friday: Meat Lovers & Steak & Cheese Calzones

Cheese & Pepperoni Pizza available daily

GRILL

Cheeseburger & Chicken Patty Daily

Daily Grill Choices:

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

DELI

Turkey and Cheese Sub available everyday

Daily Deli 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

BIG TIME BBQ

This month's feature is "BBQ of The Day"! Check out the specials in red!

Meal Definition: 1 meat/meat alternative, 1 bread/grain, 2 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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