

East Hills Middle School

February 2019



Secondary Lunch Prices:

Full: \$2.85

Reduced: \$0.40

V Indicates Vegetarian Option



Deli & Salad Bar Available Daily **V**

Our Made-to-Order Deli & Salad Bar includes a variety of meats, cheeses, and fresh vegetable choices to build your custom salad or sandwich

****Dinner Roll Offered With All Entrée Salads**

				<p>1 General Tso Chicken served over Rice Steamed Broccoli</p>
<p>4 Corn Dog Baked Beans</p>	<p>5 Bacon, Egg, & Cheese on a Bagel Tater Tots</p>	<p>6 Spaghetti & Meatballs Served w/ a Dinner Roll Steamed Carrot Coins</p>	<p>7 Grilled Ham & Cheese Pretzel Melt Sandwich Red Pepper Strips</p>	<p>8 Chicken & Cheese Taquitos served w/ Brown Rice Steamed Green Beans</p>
<p>11 Quesadilla Bar V (Cheese or Chicken & Cheese) w/ Salsa Steamed Corn</p>	<p>12 <u>Chinese New Year Celebration</u> Sweet & Sour Chicken served over Brown Rice Steamed Carrots Fortune Cookie</p>	<p>13 Pasta w/ Meat Sauce Served w/ Warm Garlic Breadstick Steamed Green Beans</p>	<p>14 EARLY DISMISSAL NO LUNCH SERVED</p>	<p>15 NO SCHOOL</p>
<p>18 NO SCHOOL</p>	<p>19 Breaded Chicken Drumstick w/ Biscuit & Side of Buffalo Dipping Sauce Marinated Chickpeas</p>	<p>20 Macaroni & Cheese V with Dinner Roll Steamed Green Beans</p>	<p>21 Twin Tacos Sweet Red Pepper Strips</p>	<p>22 Buffalo Chicken Bites served w/ Pretzel Bites Baked Sweet Potato Wedges</p>
<p>25 Beef & Bean Burrito served w/ Brown Rice Southwest Black Beans</p>	<p>26 French Toast Sticks V With or Without Sausage & Syrup Sweet Potato Wedges</p>	<p>27 Baked Ziti with V Warm Garlic Breadstick Steamed Green Beans</p>	<p>28 Meatball Parm Sub Carrot Snack Pack</p>	



OFFERED DAILY:

Fresh Garden Side Salad plus Fresh Fruit and Fruit Cup in an inviting variety; Baked French Fries offered Tuesdays & Thursdays; 100% Juice offered daily. LIMIT ONE JUICE. 1% White Milk or Fat Free White, Fat Free Chocolate or Fat Free Strawberry Milk

Locally Grown items are offered whenever seasonally available



Offered Daily:

*PB & Jelly **V**
Sandwich

*Fruit & Yogurt Parfait **V**

Offering a variety of Premade Sandwiches & Entrée Salads Daily

All Salads Come w/ WG Roll



EVERYDAY CHOICES

Cheeseburger, Hamburger, Chicken Patty & Spicy Chicken Patty

Monday: Chicken Tenders w/ Roll

Tuesday: Bacon Cheeseburger

Wednesday: Mozzarella sticks w/ Marinara **V**

Thursday: Pulled Pork Sandwich

Friday: Beef Hot Dog



Cheese Pizza **V**
offered Daily

Monday- Sausage Pizza Tuesday- Pepperoni Pizza
Wednesday- Meat Lover's Pizza Thursday- Buffalo Chicken Pizza
Friday- French Bread Cheese Pizza **V**

All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.

A variety of Vegetarian options available daily.

We are proud to offer chicken products that are 100% natural, contain NO artificial ingredients and contain NO antibiotics ever!

USDA is an equal opportunity provider and employer.