

Exeter High Lunch Menu

March 2018

Jeanne Pierce: Food Service Director

Telephone Number: 775 -8449

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Offered Daily: Salad Bar \$3.50 Vegetarian Burger \$3.50 Salmon Burger \$4.00	Vegan/ Vegetarian Options Announced Daily Menu subject to change without notice.			1	Updated 2/15/18
<i>Offered Daily:</i> Pizza Bar \$3.00 Value Price: 2 slices Pizza \$5.00 Yogurt Parfaits \$3.50 Soup offered Daily: \$2.00	5 Grilled Cheese Sandwich or Grilled Ham & Cheese Sandwich Tomato Soup Goldfish Crackers Assorted of Fruit Milk	6 Chicken Fajita Sautéed Peppers & Onions Sour Cream Salsa Lettuce, Tomato Rice Steamed Corn Fruit Ice Cream Milk	7 General Tso's or Orange Chicken Vegetable Egg Roll Fried Rice Steamed Broccoli Fruit Fortune Cookie Milk	8 Stuffed Peppers Garlic Mashed Potatoes Gravy Warm Dinner Roll Cookie Fruit Milk	9 Chicken Parmesan over Pasta Oven Roasted Eggplant Warm Dinner Roll Fruit Cocktail Milk
Vegetarian/ Vegan Bar Daily \$3.50 <u>Offered Daily</u> Uncrustable Peanut Butter & Grape or Strawberry Jelly Sandwich \$3.00	12 <u>Bake Potato Bar</u> Baked Potato Choice of; Chili, Cheese Sauce, Chicken, Bacon Bits, Broccoli, Sautéed Mushrooms, Baked Beans Fruit Milk	13 No School In Service Day	14 Vegetable or Meat Frittata Sausage Links Hash Browns Homemade Corn Muffin Orange Juice Milk	15 BBQ Pulled Pork Sandwich Cole Slaw Kale Chips Fruit Milk	16 Ginger Glazed Mahi Mahi Quinoa Salad Sautéed Green Beans Warm Dinner Roll Fruit Ice Cream Milk
Offered Daily Pasta Entree \$3.00 Daily On the Go-Cart Item Will be Announced \$3.00	19 Homemade Beef Stew Garden Salad Dinner Roll Mixed Fruit Cookie Milk	<u>Flat Bread Bar</u> Select a Flatbread Add Toppings Broccoli Slaw Oven Roasted Chick Peas Fruit Milk	21 Cuban Sandwich Yuka Fries Fresh Fruit Milk	22 Chicken Fajita's Sautéed Peppers & Onions Sour Cream, Lettuce, Tomatoes, Rice, Steamed Corn, Fruit, Milk	<u>Mac & Cheese Bar</u> Pasta w/ choice of Spicy Cheese Sauce, Cheese Sauce; Chicken, Ham, Hot Dog; Broccoli Dinner Roll Peaches Milk
Main Meal \$3.00 All Meals come with Vegetable Fruit Bar & Milk Selections	26 Steak & Cheese Sub or Italian Sausage Sub Oven Baked Fries Fruit, Milk	<u>Ramen Noodle Bar</u> Ramen Noodles w/ Broth Choice of: Egg, Chicken, Tofu, Broccoli, Mushrooms Snap Peas Chow Mein Noodles Dinner Roll Mixed Fruit Milk	28 Grilled Ruben Sandwich Chips French Grated Carrot Salad Assortment of Fruit Milk	Grilled Hot Dog on Bun <u>Choice of:</u> Cheese Sauce, Chili Sautéed Onions Baked Beans Baked Onion Rings Fruit Milk	30 Oven Baked Fish Warm Pretzel Smashed Garlic Cauliflower Fruit, Ice Cream, Milk

This institution is an equal opportunity provider.