

Exeter High Lunch Menu

August /September 2018

Jeanne Pierce: Food Service Director

Telephone Number: 775 -8449

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Offered Daily: Salad Bar \$3.50</p> <p>Vegetarian/ Vegan Station \$4.00</p> <p>On the Go- Cart \$3.00 Announced Daily</p>	<p>27 First Day of School</p> <p>Chicken Tenders Oven Baked Fries Dinner Assorted Fruit Milk</p>	<p>28</p> <p>Soft Shell Taco Refried Beans Lettuce, Tomato Shredded Cheese Rice Mexican Corn Fresh Melon Milk</p>	<p>29</p> <p>Hot Dog Bar Grilled Hot Dog on a Bun Choice of: Cheese Sauce, Chili, Sautéed Onions served w/ Baked Beans, Sweet Potato Fries, Fruit Milk</p>	<p>30</p> <p>Meatball Sub Garden Salad Assorted Fruit Milk</p>	<p>Soup will be offered Daily starting Sept. 4, 2018 Soup comes with all school meals or Just a 10 oz. bowl of Soup will be \$2.00</p>
<p><i>Offered Daily:</i> Pizza Bar \$3.00 Value Price: 2 slices Pizza \$5.00</p> <p>Yogurt Parfaits \$3.50</p>	<p>Free & Reduced Meal Application online at:</p> <p>www.myschoolsp.com</p>	<p>4</p> <p>Chicken Parmesan over Pasta Garden Salad Dinner Roll Fresh Fruit Milk</p>	<p>5</p> <p>Shaved Steak & Cheese Sub Or Italian Sausage Sub, Sautéed Peppers & Onions Baked Fries Fruit Milk</p>	<p>6</p> <p>General Tso's Chicken Vegetable Egg Roll Fried Rice Stir Fried Vegetables Pineapple Tidbits Milk</p>	<p>7</p> <p>Our Own Smoked BBQ Pulled Pork Sandwich. Long Grain Wild Rice Steamed Carrots Fruit Milk</p>
<p>Fresh Made Deli Sandwiches Offered Daily \$4.00</p> <p>Offered Daily Uncrustable peanut butter & Jelly Sandwich \$3.00</p>	<p>10</p> <p>Chicken & Broccoli Alfredo or Meat Sauce over Pasta Garlic Stick Garden Salad Sliced Peaches Milk</p>	<p>11 Burger Bar Beef Patty on Bun w/ Choice of: Lettuce, Tomato Pickles, Bacon Sautéed Onions, Mushrooms, served w/ Onion Rings, Baked Beans, Fruit, Milk</p>	<p>12</p> <p>Homemade Meatloaf Mashed Potatoes Gravy Steamed Carrots Dinner Roll Assorted Fruit Cookie Milk</p>	<p>13</p> <p>Grilled Cheese Sandwich or Grilled Tomato & Cheese Sandwich w/ Tomato Soup Sliced Pears Milk</p>	<p>14</p> <p>Fishwich on Bun Tartar Sauce Oven Baked Fries Fruit Milk</p>
<p>Offered Daily Plain or Spicy Chicken Patty on Bun \$3.00</p>	<p>17</p> <p>Cheese Bites served w/ Pasta & Marinara Sauce, Salad Fresh Fruit Milk</p>	<p>18</p> <p>Baked Corn Dog Cole Slaw Oven Fries, Mixed Fruit Cookie Milk</p>	<p>19</p> <p>General Tso's Chicken Vegetable Egg Roll Fried Rice Steamed Broccoli Fruit Fortune Cookie Milk</p>	<p>20</p> <p>Homemade Meat Lasagna or Vegetable Lasagna Garlic Bread Stick Brussel Sprout Salad Fruit & Milk</p>	<p>21</p> <p>Sloppy Joe on a Bun Steamed Carrots Oven Roasted Edamame Fresh Apple Milk</p>
<p>Main Meal \$3.00</p> <p>All Meals come with Vegetable & Fruit Bar Selections</p>	<p>24</p> <p>Shepherd's Pie Steamed Carrots, Mashed Potatoes Gravy Dinner Roll Fruit Cookie Milk</p>	<p>25</p> <p>Ruben Sandwich Baked Onion Rings Mixed Fruit Milk</p>	<p>26</p> <p>Ramen Noodle Bar Noodles w/ Broth Choice of; Egg, Chicken, Tofu, Snap Peas Broccoli, Dinner Roll Fruit, Fortune Cookie, Milk</p>	<p>27</p> <p>Homemade Calzone's Choice of Pepperoni, Cheese or Vegetable, Celery Sticks w/ Hummus, Fresh Fruit Milk</p>	<p>28</p> <p>Chicken & Gravy Served over Mashed Potatoes Steamed Corn Bread Stick Sliced Pears Cookie Milk</p>

This institution is an equal opportunity provider.

This menu meets the nutritional guidelines for the National School Lunch Program as established by the USDA