

Exeter High Lunch Menu

February 2017

Jeanne Pierce: Food Service Director

Telephone Number: 775 -8449

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Offered Daily: Salad Bar \$3.50</p> <p>Parfait's \$3.50</p>			<p>1</p> <p>Burger Bar Baked Potato Fries Fruit Milk</p>	<p>2</p> <p>Ramen Noodle Bar Selection of; Tofu, Diced Chicken, Egg, & Steamed Broccoli Fruit Dinner Roll Fortune Cookie Milk</p>	<p>3</p> <p>BBQ Rib-Q- Sub Onion Rings Fresh Fruit Milk</p>
<p><i>Offered Daily:</i> Pizza Bar \$3.00 Value Price: 2 slices Pizza \$5.00</p> <p>Pasta Dish \$2.85</p>	<p>6</p> <p>Cheese Quesadilla Rice Corn Apple Sauce Cups Milk</p>	<p>7</p> <p>Grilled Cheese Sandwich Tomato Soup Kale & Beet Salad Fresh Fruit Milk</p>	<p>8</p> <p>Sloppy Joe on a Bun Sweet Potato Fries Sliced Peaches Milk</p>	<p>9</p> <p>BBQ Pulled Pork on Bun Oven Fries Hot & Spicy Edamame Fresh Fruit Milk</p>	<p>10</p> <p>Oven Baked Meatloaf Gravy Oven Roasted Potatoes Steamed Green Beans Dinner Roll Cookie Fruit Milk</p>
<p>Deli Bar Daily \$4.00</p> <p><u>Offered Daily</u> Uncrustable Peanut Butter & Jelly Sandwich \$3.00</p>	<p>13</p> <p>Meatball Sub or Italian Sausage Sub Sautéed Peppers & Onions Onion Rings Fruit Milk</p>	<p>14</p> <p>Chicken & Gravy Mashed Potatoes Steamed Peas Dinner Roll Fruit Milk</p>	<p>15</p> <p>Soft Shell Taco Refried Beans Lettuce, Tomato Shred Cheese Rice Mexican Corn Salsa Fresh Fruit Milk</p>	<p>16</p> <p>Chicken Tenders Assorted Dipping Sauce Sweet Potato Fries Strawberry Cup Milk</p>	<p>17</p> <p>Baked Potato Skin Bar Choice of; Chili, Cheese, Bacon & Broccoli Assorted Fruit Milk</p>
<p>Offered Daily</p> <p>Plain or Spicy Chicken Patty on Bun \$3.00</p> <p>Hamburger or Cheeseburger \$2.85</p>	<p>20</p> <p>Mozzarella Sticks & Pasta served w/ Marinara Sauce Salad Fresh Fruit Milk</p>	<p>21</p> <p>Burrito Spanish Rice Steamed Corn Fruit Pudding Milk</p>	<p>22</p> <p>General Tso's Chicken Vegetable Egg Roll Fried Rice Steamed Broccoli Fruit, Milk</p>	<p>23</p> <p>Shepherd's Pie Dinner Roll Steamed Carrots Mashed Potatoes Gravy Fruit Cookie Milk</p>	<p>24</p> <p>Chef's Choice Oven Roasted Legume Fruit Milk</p>
<p>Main Meal \$2.85</p> <p>All Meals come with Vegetable & Fruit Bar Selections</p>		<p>Offered Tuesday Only</p> <p>Vegetarian Burger \$3.50</p>		<p>Offered Tuesday Only</p> <p>Vegetarian Burger \$3.50</p>	<p>Offered Friday's only</p> <p>Salmon Burger \$4.00</p>

This institution is an equal opportunity provider.