

Exeter High Lunch Menu

October 2017

Jeanne Pierce: Food Service Director

Telephone Number: 775 -8449

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Offered Daily: Salad Bar \$3.50 Vegetarian Burger \$3.50 Salmon Burger \$4.00 Soup offered Daily: \$2.00</p>	<p>2 Sloppy Joe on Bun Smashed Garlic Cauliflower Strawberry Cup Milk</p>	<p>3 Grilled Salmon w/ Lemon Dill Sauce Dinner Roll Wild Rice Sautéed Dill Carrots Homemade Apple Crisp w/ Topping Milk</p>	<p><u>Top Your Mac & Cheese Bar</u> Pasta w/ choice of Reg. or Spicy Cheese Sauce, Chicken, Ham, Hot dog; Broccoli Dinner Roll Garden Salad, Peaches , Milk</p>	<p>5 Shaved Steak & Cheese Sub Or Italian Sausage Sub, Sautéed Peppers & Onions Baked Beans Apple Sauce Cup Milk</p>	<p>6 Mike's Cheese Bites w/ Marinara Sauce Garden Salad Assorted Fruit Milk</p>
<p><i>Offered Daily:</i> Pizza Bar \$3.00 Value Price: 2 slices Pizza \$5.00 Yogurt Parfaits \$3.50</p>	<p>No School</p>	<p>10 Grilled Hot Dog on Bun <u>Choice of:</u> Cheese Sauce Chili Sautéed Onions Baked Beans Oven Baked Spicy Yucca Fries Ice Cream Fruit, Milk</p>	<p>11 Chicken & Gravy w/Mashed Potatoes Steamed Carrots Bread Stick Sliced Pears Cookie Milk</p>	<p>12 Soft Shell Taco Served w/ Refried Beans, Lettuce, Tomato, Shredded Cheese, Rice Mexican Corn Fresh Melon Milk</p>	<p>13 General Tso's Chicken Vegetable Egg Roll Fried Rice Stir Fried Vegetables Pineapple Tidbits Milk</p>
<p>Deli Bar Daily \$4.00 Offered Daily Uncrustable Peanut Butter & Jelly (Grape or Strawberry) Sandwich \$3.00</p>	<p>16 <u>Bake Potato Bar</u> Potato, Choice of; Chili, Cheese Sauce, Chicken, Bacon Bits, Broccoli, Sautéed Mushrooms, Baked Beans Fruit Milk</p>	<p>17 Homemade Calzone's Choice of Pepperoni, Cheese or Vegetable Fresh Salad Fresh Fruit Milk</p>	<p>18 Homemade Meatloaf, Mashed Potatoes, Gravy, Dinner Roll Steamed Carrots Assorted Fruit Cookie Milk</p>	<p>19 Chicken Parmesan Lightly Breaded Chicken Tenders over Pasta Dinner Roll Garden Salad Fruit Cocktail Milk</p>	<p><u>Pasta Bar</u> <i>Select your Pasta;</i> <i>Choice of:</i> Alfredo or Marinara Sauce <i>Select your Meat:</i> Meatballs, Ground Sausage or Chicken <i>Select Vegetable;</i> Broccoli or Sautéed Vegetable Medley Bread Stick Fruit, Milk</p>
<p>Offered M,W & Fri Burger on Bun \$3.00 Daily On the Go-Cart Item Will be Announced each morning \$3.00</p>	<p>23 Baked Corn Dog Baked Beans Sidewinder Fries Mixed Fruit Milk</p>	<p>24 Shepherd's Pie Dinner Roll Oven Roasted Brussel Sprouts Oven Roasted Red Bliss Potatoes Fruit Cookie Milk</p>	<p>25 General Tso's Chicken Vegetable Egg Roll Fried Rice Steamed Broccoli Fruit Fortune Cookie Milk</p>	<p>26 Homemade Meat Lasagna or Vegetable Lasagna Garlic Bread Stick Tomato Basil Salad Fruit Milk</p>	<p>27 Fish Taco w/ Flour Tortilla Served w/ Jicama & Mango Spicy Slaw Sweet Potato Fries Sliced Pears Milk</p>
<p>Main Meal \$3.00 All Meals come with Vegetable Fruit Bar & Milk Selections</p>	<p>30 Shrimp Poppers Bread Stick Tartar Sauce Spicy Red Fries Fruit Milk</p>	<p>31 <i>Worms in Dirt</i> (Pasta in a Sauce) Witches Broom Stick Mozzarella Sticks Roasted Brains (Oven roasted Cauliflower) Dracula Blood (Fruit Punch) Treat(Jell-O) Ghostly Milk</p>		<p>New this Month Vegan/ Vegetarian Options Just ask a staff member for menu selection</p>	

This institution is an equal opportunity provider.