

Exeter High Lunch Menu

November 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><u>Top Your Mac & Cheese Bar</u> Pasta w/ choice of Spicy Cheese Sauce Cheese Sauce Chicken, Ham, Hot Dog; Broccoli Dinner Roll Garden Salad Peaches Milk</p>	<p>² Chicken Parmesan Lightly Breaded Chicken Tenders over Pasta Dinner Roll Garden Salad Fruit Cocktail Milk</p>	<p>³ <u>Baked Potato Bar</u> Potato, Choice of; Chili, Cheese Sauce, Chicken, Bacon Bits Broccoli Sautéed Mushrooms Baked Beans 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>⁶ Soft Shell Taco Refried Beans Lettuce, Tomato Shredded Cheese, Rice Corn Fresh Fruit Milk</p>	<p>⁷ Meatball Sub or Italian Sub Sautéed Peppers Sautéed Onions Baked Beans Fruit Milk</p> <p>Papa Gino's Pizza</p>	<p>Thanksgiving Meal Oven Roasted Turkey Mashed Potatoes Gravy Green Bean Bread Stuffing Cranberry Sauce Dinner Roll, Apple Pocket Milk</p>	<p>⁹ In Service Day</p>	<p>¹⁰ Veteran's Day</p>
<p>Vegetarian/Vegan Bar Daily \$3.50</p> <p>Offered Daily Uncrustable Peanut Butter & Grape or Strawberry Jelly Sandwich \$3.00</p>	<p>¹³ Mike's Cheese Bits w/ Marinara Sauce Steamed Corn Assorted Fruit Milk</p>	<p>¹⁴ Grilled Salmon w/ Lemon Dill Sauce Long Grain Wild Rice Sautéed Dill Carrots Dinner Roll Apple Crisp w/ Topping Milk</p>	<p>¹⁵ 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>¹⁶ Sloppy Joe on Bun Smashed Garlic Cauliflower Strawberry Cup Milk</p>	<p>¹⁷ <u>Pasta Bar</u> <i>Select your Pasta; Choice of Sauce: Alfredo, Marinara, Select your Meat: Meatballs, Ground Sausage, Chicken Select Vegetable; Broccoli or Sautéed Vegetable Medley, Bread Stick</i> Fruit, Milk</p>
<p>Offered M,W & Fri Burger on Bun \$3.00 Daily On the Go-Cart Item Will be Announced \$3.00</p>	<p>²⁰ Shaved Steak & Cheese Sub Or Italian Sausage Sub Sautéed Peppers & Onions Baked Beans Apple Sauce Cup Milk</p>	<p>²¹ Baked Corn Dog Sidewinder Fries, Mixed Fruit Milk</p>	<p>²² Thanksgiving Break</p>	<p>²³ Thanksgiving Break</p>	<p>²⁴ Thanksgiving Break</p>
<p>Main Meal \$3.00</p> <p>All Meals come with Vegetable Fruit Bar & Milk Selections</p>	<p>²⁷ Grilled Cheese Sandwich Tomato Soup Goldfish Crackers Apple Sauce Cup Milk</p>	<p>²⁸ <u>Burger Bar</u> Hamburger w/ Bun choice of: Cheese, Bacon, Sautéed Mushrooms, Sautéed Onions, Tomatoes, Lettuce, Pickles, Raw Onions, Oven Fries, Fruit, Milk</p>	<p>²⁹ General Tso's Chicken Vegetable Egg Roll Fried Rice Steamed Broccoli Fruit, Fortune Cookie Milk</p>	<p>³⁰ Homemade Meatloaf, Mashed Potatoes, Gravy, Dinner Roll Steamed Carrots Assorted Fruit Cookie 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.