

# Exeter High Lunch Menu

December 2017

Jeanne Pierce: Food Service Director

Telephone Number: 775 -8449

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Offered Daily:</b> <b>Salad Bar</b> <b>\$3.50</b> <b>Vegetarian Burger</b> <b>\$3.50</b> <b>Salmon Burger</b> <b>\$4.00</b> <b>Soup offered Daily:</b> <b>\$2.00</b>					1 <b>Bake Potato Bar</b> Potato & Choice of; Chili, Cheese Sauce, Chicken, Bacon Bits, Broccoli, Sautéed Mushrooms, Baked Beans Fruit Milk
<i>Offered Daily:</i> <b>Pizza Bar</b> <b>\$3.00</b> <b>Value Price:</b> 2 slices Pizza <b>\$5.00</b>  <b>Yogurt Parfaits</b> <b>\$3.50</b>	4 Buffalo Chicken Bleu Cheese Dressing Dinner Roll Celery & Carrots Sticks Sidewinder Fries Strawberry Cup Milk	5 Soft Shell Taco Refried Beans Lettuce, Tomato, Shredded Cheese, Rice Corn Fresh Fruit Milk	<b>6 Breakfast for Lunch</b> French Toast Sticks Maple Syrup Sausage Links Spring Mix Salad Juice Milk	7 General Tso's Chicken Vegetable Egg Roll Fried Rice Steamed Broccoli Fruit Fortune Cookie Milk	8 <b>Flat Bread Pizza</b> Bar Cole Slaw Fruit Milk
<b>Vegetarian/            Vegan Bar</b> <b>Daily</b> <b>\$3.50</b> <b>Offered Daily</b> <b>Uncrustable</b> <b>Peanut Butter &amp;            Grape or</b> <b>Strawberry Jelly</b> <b>Sandwich</b> <b>\$3.00</b>	11 Meatball Sub or Italian Sausage Sub Sautéed Peppers Sautéed Onions Baked Beans Fruit Milk	12 Chicken Parmesan over Pasta Dinner Roll Garden Salad Fruit Cocktail Milk	13 Grilled Hot Dog on Bun <u>Choice of:</u> Cheese Sauce, Chili Sautéed Onions Baked Beans French Fries Ice Cream Fruit Milk	14 Sloppy Joe on Bun Smashed Garlic Cauliflower Strawberry Cup Milk	<u>Pasta Bar</u> <i>Select your Pasta;</i> <i>Choice of Sauce:</i> Alfredo, Marinara, <i>Select your Meat:</i> Meatballs, Ground Sausage, Chicken <i>Select Vegetable;</i> Broccoli or Sautéed Vegetable Medley, Bread Stick Fruit Milk
Offered <b>M,W &amp; Fri</b> <b>Burger on Bun</b> <b>\$3.00</b> <b>Daily On the Go-</b> <b>Cart</b> <b>Item</b> <b>Will be</b> <b>Announced</b> <b>\$3.00</b>	18 Shaved Steak & Cheese Sub Or Italian Sausage Sub, Sautéed Peppers & Onions, Baked Beans Onion Rings Apple Sauce Cup, Milk	19 <u>Top Your Mac &amp;            Cheese Bar</u> Pasta w/ choice of Spicy Cheese Sauce, Cheese Sauce; Chicken, Ham, Hot Dog; Broccoli Dinner Roll Garden Salad Peaches Milk	20 Chicken Fajita's Sautee Peppers & Onions Sour Cream, Lettuce, Tomatoes, Rice, Steamed Corn, Fruit, Milk	21 Homemade Meatloaf Mashed Potatoes Gravy Steamed Carrots Dinner Roll Steamed Carrots Assorted Fruit Ginger Bread Cookie Milk	22 Mike's Cheese Bits w/ Marinara Sauce Vegetable Assorted Fruit Milk
<b>Main Meal</b> <b>\$3.00</b>  <b>All Meals come</b> <b>with Vegetable</b> <b>Fruit Bar &amp; Milk</b> <b>Selections</b>			<b>Enjoy your</b> <b>holiday,</b> <b>see you on</b> <b>January 2,</b> <b>2018!</b>		Vegan/ Vegetarian Options Daily: Menu announced daily

This institution is an equal opportunity provider.