

EHS Hot Lunch Menu/Order Form

Month: November 2017

Student Name:			Grade:		
DAY	DATE	MEAL DESCRIPTION	Select for \$6.00	Select add'l portion for \$2.00	TOTAL
Wednesday	11/1	Meatball sandwich with marinara - served with fresh fruit and vegetables			
Thursday	11/2	Grilled cheese sandwich - served with fresh fruit and vegetables			
Friday	11/3	Pizza bagels - served with fresh fruit and vegetables			
Monday	11/6	Turkey sandwich with pickles, tomatos, and lettuce - served with chips, carrot sticks, hummus and fruit			
Tuesday	11/7	Pancake Day - chocolate chip or plain delicious fluffy pancakes with warm maple syrup (must pre-order your choice of pancake) - fresh fruit smoothies and a vegetable			
Wednesday	11/8	Good for your soul homemade chicken soup with vegetables, fresh herbs, and ditalini pasta - fresh fruit			
Thursday	11/9	Warm and bubbly macaroni and cheese with cheddar, monterey jack, and parmesan cheeses - roasted vegetables drizzled with olive oil and fresh herbs - fresh fruit			
Friday	11/10	NO HOT LUNCH			
Monday	11/13	Turkey sandwich with pickles, tomatos, and lettuce - served with chips, carrot sticks, hummus and fruit			
Tuesday	11/14	Egg and cheese sandwich served on an english muffin - served with fresh fruit and vegetables			
Wednesday	11/15	NO SCHOOL			
Thursday	11/16	Pasta in homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing - fresh fruit			
Friday	11/17	Pizza bagels served with a crisp salad and fresh fruit			
Monday	11/20	Turkey sandwich with pickles, tomatos, and lettuce - served with chips, carrot sticks, hummus and fruit			
Tuesday	11/21	Light and fluffy french toast infused with cinnamon and sugar with warm maple syrup - served with fresh fruit smoothies and a vegetable			
Wednesday	11/22	HALF DAY - NO LUNCH			
Thursday	11/23	THANKSGIVING - NO SCHOOL			
Friday	11/24	NO SCHOOL			
Monday	11/27	Turkey sandwich with pickles, tomatos, and lettuce - served with chips, carrot sticks, hummus and fruit			
Tuesday	11/28	Yogurt bar with all the fixings, including homemade cinnamon granola, warm mini muffins, croissants, and fruit - vegetable seved on the side			
Wednesday	11/29	Baked chicken dinner with roasted potatoes and vegetables - served with fresh fruit			
Thursday	11/30	cheese quesadilla with salsa, cheese, sour cream - served with raw vegetables, hummus, and fruit			
TOTAL					

NOTES:

Remember to make your pancake choice - chocolate chip or plain.

2.00 may be added to the cost of a meal for an additional portion.

Please submit lunch orders to the EHS office by Friday, October 27

Checks can be made payable to Cara's Kitchen.