

EHS Hot Lunch Menu/Order Form

Month: JANUARY 2018

Please submit lunch orders to the EHS office by Monday, DECEMBER 18

Student Name: _____

Grade: _____

DAY	DATE	MEAL DESCRIPTION	\$6.00 ea	Add'l portion \$2.00 ea	TOTAL
		Light and fluffy french toast infused with cinnamon and sugar with warm maple syrup. Served with fresh fruit smoothies and a vegetable.			
Tuesday	1/2	Pasta with homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing. Served with fresh fruit.			
Wednesday	1/3	Pasta in homemade meat sauce, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing served with fresh fruit Turkey sandwich with pickles and tomatoes served with chips, carrot sticks, hummus and fruit.			
Thursday	1/4	Tuna sandwich with tomatoes, pickles, and chips. Served with fresh fruit. Pasta with homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing. Served with fresh fruit.			
Friday	1/5	2 slices of pizza served with fresh fruit and a crisp caesar salad, yummy croutons, and shaved parmesan cheese. Pasta with homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing. Served with fresh fruit.			
Monday	1/8	Turkey sandwich with pickles and tomatoes served with chips, carrot sticks, hummus and fruit.			
Tuesday	1/9	Fried egg sandwich served with fresh fruit and a vegetable. Pasta with homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing. Served with fresh fruit.			
Wednesday	1/10	Chicken tenders served with rice, vegetable and fresh fruit. Turkey sandwich with pickles and tomatoes served with chips, carrot sticks, hummus and fruit			
Thursday	1/11	Warm and bubbly macaroni and cheese with cheddar, monterey jack, and parmesan cheeses. Served with fresh fruit and roasted vegetables drizzled with olive oil and fresh herbs. Pasta with homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing. Served with fresh fruit.			
Friday	1/12	Pizza bagels served with fresh fruit and vegetables. Pasta with homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing. Served with fresh fruit.			
Monday	1/15	NO SCHOOL			
Tuesday	1/16	Yogurt bar with all the fixings, including homemade cinnamon granola, warm mini muffins, and croissants. Served with fresh fruit and a vegetable. Pasta with homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing. Served with fresh fruit.			
Wednesday	1/17	Good for your soul homemade chicken soup with vegetables, fresh herbs, and ditalini pasta. Fresh fruit also served. Turkey sandwich with pickles and tomatoes served with chips, carrot sticks, hummus and fruit.			
Thursday	1/18	Baked potato bar served with all the fixings. Roasted vegetables drizzled with olive oil and fresh herbs. Fresh fruit also served. Pasta with homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing. Served with fresh fruit.			
Friday	1/19	2 slices of pizza served with crisp caesar salad, yummy croutons, and shaved parmesan cheese. Served with fresh fruit. Pasta with homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing. Served with fresh fruit.			
Monday	1/22	Turkey sandwich with pickles and tomatoes served with chips, carrot sticks, hummus and fruit.			
Tuesday	1/23	Light and fluffy scrambled eggs served with shaved cheddar cheese and homemade homefries drizzled with olive oil infused with fresh herbs. Fresh fruit and vegetable also served. Pasta with homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing. Served with fresh fruit.			
Wednesday	1/24	Hot Dogs and french fries with all the fixings! Fresh fruit and vegetable also served. Turkey sandwich with pickles and tomatoes served with chips, carrot sticks, hummus and fruit.			
Thursday	1/25	Grilled cheese sandwich served with fresh fruit and a vegetable. Pasta with homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing. Served with fresh fruit.			
Friday	1/26	Pizza bagels served with fresh fruit and vegetables. Pasta with homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing. Served with fresh fruit.			
Monday	1/29	Turkey sandwich with pickles and tomatoes served with chips, carrot sticks, hummus and fruit.			
Tuesday	1/30	Pancake Day - chocolate chip or plain - delicious fluffy pancakes with warm maple syrup (indicate choice of pancake). Served with fresh fruit smoothies and vegetable. Pasta with homemade tomato marinara sauce or butter and cheese, crispy salad with peppers, cucumbers, tomatoes topped with a homemade dressing. Served with fresh fruit.			
Wednesday	1/31	Baked chicken dinner with roasted potatoes and a vegetable. Served with fresh fruit. Turkey sandwich with pickles and tomatoes served with chips, carrot sticks, hummus and fruit.			
TOTAL					

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

*Checks can be made payable to Cara's Kitchen.

*For each day that has 2 choices, please indicate which meal you are selecting.