

EHS Hot Lunch Menu/Order Form

Month: MAY 2018

Please submit lunch orders to the EHS office by Monday, April 23

Student Name:

Grade:

DAY	DATE	MEAL DESCRIPTION	\$6.00 ea	Add'l portion \$2.00 ea	TOTAL
		Pancake Day - chocolate chip or plain - delicious fluffy pancakes with warm maple syrup (indicate choice of pancake). Served with fresh fruit smoothies and vegetable.			
Tuesday	5/1	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	5/2	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	5/3	Rice and Beans - black beans cooked for 3 hours with onions and garlic served with rice infused with olive oil. Roasted vegetables drizzled in olive oil and fresh garlic. 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	5/4	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	5/7	Turkey sandwich with pickles and tomatoes served with chips, carrot sticks, hummus and fruit			
Tuesday	5/8	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,			
Wednesday	5/9	Good for your soul, homemade, chicken soup with vegetables, fresh herbs, and ditalini pasta served with fresh fruit. Turkey sandwich with pickles and tomatoes served with chips, carrot sticks, hummus and fruit			
Thursday	5/10	Warm and bubbly macaroni and cheese with cheddar, monterey jack, and parmesan cheeses, served with roasted vegetables drizzled with olive oil and fresh herbs. 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	5/11	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	5/14	Turkey sandwich with pickles and tomatoes served with chips, carrot sticks, hummus and fruit.			
Tuesday	5/15	Light, fluffy waffles infused with cinnamon and sugar served with warm maple syrup, fresh fruit smoothies 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	5/16	Baked chicken dinner with roasted potatoes and vegetables, served with fresh fruit. Turkey sandwich with pickles and tomatoes served with chips, carrot sticks, hummus and fruit.			
Thursday	5/17	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	5/18	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	5/21	NO SCHOOL			
Tuesday	5/22	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	5/23	Chicken tenders served with rice, vegetables, and a fresh fruit. Turkey sandwich with pickles and tomatoes served with chips, carrot sticks, hummus and fruit.			
Thursday	5/24	Veggie tacos served with all of the fixings and 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	5/25	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	5/28	NO SCHOOL			
Tuesday	5/29	Pancake Day - chocolate chip or plain delicious fluffy pancakes with warm maple syrup (must pre-order your 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	5/30	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	5/31	Tuna sandwich. 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.			
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.