



EHS LUNCH MENU: SEPTEMBER 2019

DATE	OFFERING
Tuesday, 9/3	Roasted vegetable lasagna served with focaccia sticks, mixed greens, and chocolate dipped strawberries
Wednesday, 9/4	Broccoli and cheddar quiche served with vegetable sticks and dressing, fruit, and a homemade cookie
Thursday, 9/5	Turkey sandwich served on whole grain bread with potato chips and red and green grapes
Friday, 9/6	Enchiladas with melted jack cheese and veggies served with beans and rice and a peach shortbread square
Monday, 9/9	Gnocchi in lemon cream sauce with asparagus and peas served with mixed greens and a watermelon cup
Tuesday, 9/10	Chinese vegetable and tofu noodle soup served with a fruit smoothie
Wednesday, 9/11	Mexican roasted sweet potato and quinoa soft tacos served with chips and salsa, fruit, and a homemade cookie
Thursday, 9/12	Pita stuffed with Israeli salad and hummus served with tortilla chips and a fruit cup
Friday, 9/13	Homemade cheese pizza served with a garden salad and fresh berry shortcake
Monday, 9/16	Vegetable minestrone soup served with shaved parmesan cheese, a warm baguette, and apple crisp cookie cups
Tuesday, 9/17	Cheddar and vegetable angel hair frittata served with a chopped salad and seasonal fruit
Wednesday, 9/18	Vegetable chili served with honey corn muffins and fresh berries, toasted coconut, and yogurt
Thursday, 9/19	Mozzarella, tomato and nut-free pesto baguette served with roasted sweet potatoes, fruit, and a homemade cookie
Friday, 9/20	Fish tacos served with rice, salsa, and avocado as well as cabbage slaw, fruit, and a sorbet cup
Monday, 9/23	Macaroni and cheese topped with toasted breadcrumbs served with roasted vegetables and fresh fruit
Tuesday, 9/24	Egg and cheese sandwich on a bagel served with sweet potato fries and a fruit smoothie
Wednesday, 9/25	Seasonal vegetable pot pie in a puff pastry served with mixed greens and a homemade blueberry oat muffin
Thursday, 9/26	Penne and meatballs in a tomato basil sauce served with green beans and fresh fruit
Friday, 9/27	Salad bar including avocado, roasted vegetables, croutons, beets, hard boiled eggs, and more served with pita bread and homemade pumpkin bars
Monday, 9/30	No School: Rosh Hashanah