



LUNCH MENU - JANUARY 2023

Date	Lunch Offering
Mon, 1/2	NO SCHOOL
Tue, 1/3	Cheese quesadilla , chips & salsa and sorbet cup
Wed, 1/4	Egg/cheese sandwich on an English muffin, roasted potatoes & fresh fruit
Thur, 1/5	Homemade cheese pizza, mixed greens and warm cookie
Fri, 1/6	Bring your own lunch
Mon, 1/9	Tuna salad sandwich, chips and pickles & a homemade cookie
Tue, 1/10	Minestrone soup, hot bread. Pound cake with berries & cream
Wed, 1/11	Homemade kugel with mixed greens. Yogurt parfait
Thur, 1/12	Homemade pizza, spring mix salad. Italian ice
Fri, 1/13	Bring your own lunch
Mon, 1/16	NO SCHOOL - Martin Luther King Day
Tue, 1/17	Vegetable stir fry served over rice, & a pineapple cup
Wed 1/18	Homemade cheese pizza, garden salad & a brownie
Thur 1/19	Veggie burger served with chips, pickles & fresh fruit
Fri 1/20	Bring your own lunch
Mon, 1/23	Fish sandwich on a toasted bun, served with chips & a cake cup
Tue, 1/24	Vegetable cheese burrito, a side of veggie sticks, dip & fresh fruit
Wed, 1/25	Homemade cheese pizza, a side salad & an ice cream bar
Thur, 1/26	Asian vegetable soup with Ramen noodles. 🍌 Fresh fruit, and a homemade cookie. 🍪
Fri, 1/27	Bring your own lunch
Mon, 1/30	Chickpea feta salad, pita bread and a warm cookie
Tues, 1/31	Scrambled egg and cheese wrap, roasted potatoes with fresh Orange slices

Disclaimer: EHS is a Peanut/Tree Nut Sensitive school. This means that we make all efforts to ensure that all purchased or shared food items do not contain peanuts or tree nuts. We do not use any food items that may have a disclaimer that reads,"may contain." We do however, use food items that may have a disclaimer such as, "made in a facility or produced on shared equipment."