

Exeter High Lunch Menu

January 2018

Jeanne Pierce: Food Service Director

Telephone Number: 775 -8449

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Offered Daily: Salad Bar \$3.50 Vegetarian Burger \$3.50 Salmon Burger \$4.00 Soup offered Daily: \$2.00</p>	<p>Vegan/ Vegetarian Options Daily: Menu announced daily</p> <p>Menu subject to change without notice.</p>	<p>2 Bosco Sticks w/ Marinara Sauce Vegetable Assorted Fruit Milk</p>	<p>3 Chicken Fajita's Sautéed Peppers & Onions Sour Cream Lettuce Tomatoes Rice Steamed Corn Fruit Milk</p>	<p>4 Breakfast for Lunch French Toast Sticks Maple Syrup Sausage Links Spring Mix Salad Juice Milk</p>	<p>5 Baked Potato Bar Potato & Choice of; Chili, Cheese Sauce, Chicken, Bacon Bits, Broccoli, Sautéed Mushrooms, Baked Beans Fruit Milk</p>
<p><i>Offered Daily:</i> Pizza Bar \$3.00 Value Price: 2 slices Pizza \$5.00 Yogurt Parfaits \$3.50</p>	<p>8 Homemade Beef Stew</p> <p>Garden Salad Garden Salad Mixed Fruit Cookie Milk</p>	<p>9 Taco Boat Refried Beans Lettuce, Tomato Shredded Cheese Rice Corn Fresh Fruit Milk</p>	<p>10 Flat Bread Bar Select a Flatbread Add Toppings Sweet Potato Salad Fruit Milk</p>	<p>11 Stuffed Peppers Mashed Potatoes Gravy Warm Dinner Roll Cookie Fruit Milk</p>	<p>12 Chicken Parmesan over Pasta Oven Roasted Eggplant Dinner Roll Fruit Cocktail Milk</p>
<p>Vegetarian/ Vegan Bar Daily \$3.50 <i>Offered Daily</i> Uncrustable Peanut Butter & Grape or Strawberry Jelly Sandwich \$3.00</p>	<p>15 Marin Luther King Jr. Day</p> <p>No School</p>	<p>16 Mid-term Mike's Cheese Bits w/ Marinara Sauce Oven Roasted Buffalo Cauliflower Assorted Fruit Milk</p>	<p>17 Mid-term Chef's Choice</p>	<p>18 Mid-term Chef's Choice</p>	<p>19 Pasta Bar <i>Select your Pasta; Choice of Sauce: Alfredo, Marinara, Select your Meat: Meatballs, Ground Sausage, Chicken Select Vegetable; Broccoli or Sautéed Vegetable Primavera</i> Bread Stick Fruit Milk</p>
<p>Offered M,W & Fri Burger on Bun \$3.00 Daily On the Go-Cart Item Will be Announced \$3.00</p>	<p>22 Shaved Steak & Cheese Sub Or Italian Sausage Sub Sautéed Peppers & Onions Baked Beans Onion Rings Apple Sauce Cup, Milk</p>	<p>23 <u>Top Your Mac & Cheese Bar</u> Pasta w/ choice of Spicy Cheese Sauce, Cheese Sauce; Chicken, Ham, Hot Dog; Broccoli Dinner Roll Garden Salad Peaches Milk</p>	<p>24 Chicken Pot Pie Oven Roasted Potatoes Warm Buttermilk Biscuit Fruit Milk</p>	<p>25 Homemade Meatloaf Mashed Potatoes Gravy Steamed Carrots Dinner Roll Assorted Fruit Milk</p>	<p>26 Ramen Noodle Bar Select one: Tofu, Chicken or Egg Variety of Vegetables Assorted Fruit Milk</p>
<p>Main Meal \$3.00 All Meals come with Vegetable Fruit Bar & Milk Selections</p>	<p>29 Grilled Cheese Sandwich or Grill Ham & Cheese Sandwich Homemade Vegetable Soup Chips Assorted Fruit Milk</p>	<p>30 Meatball Sub or Italian Sausage Sub Sautéed Peppers Sautéed Onions Baked Beans Fruit Milk</p>	<p>31 General Tso's Chicken Vegetable Egg Roll Fried Rice Steamed Broccoli Fruit Fortune Cookie Milk</p>	<p>1 Grilled Hot Dog on Bun Choice of: Cheese Sauce, Chili Sautéed Onions Baked Beans Baked Onion Rings Ice Cream Fruit Milk</p>	<p>2 Super Bowl Weekend Buffalo Chicken Bleu Cheese Dressing Dinner Roll Celery & Carrots Sticks Oven Fries Fruit Milk</p>

This institution is an equal opportunity provider.

