

Exeter High Lunch Menu

May 2018

Jeanne Pierce: Food Service Director

Telephone Number: 775 -8449

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Offered Daily: Salad Bar \$3.50</p> <p>Soup offered Daily: \$2.00</p>	<p>Vegan or Vegetarian Options Daily: Menu announced daily</p> <p>Menu subject to change without notice.</p>	<p>1 Grilled Ruben Sandwich Chips Cole Slaw Oven Fries Fruit Milk</p>	<p>2 General Tso's Vegetable Egg Roll Vegetable Fried Rice Steamed Broccoli Fruit Fortune Cookie Milk</p>	<p>3 <u>Flat Bread Bar</u> Select a Flatbread Add Toppings Oven Roasted Chick Peas Fruit Milk</p>	<p>4 Chicken Parmesan over Pasta Oven Roasted Eggplant Dinner Roll Fruit Cocktail Milk</p>
<p><i>Offered Daily:</i> Pizza Bar \$3.00</p> <p>Value Price: 2 slices Pizza \$5.00</p> <p>Yogurt Parfaits \$3.50</p>	<p>7 Grilled Cheese Sandwich or Grilled Cheese & Tomato Sandwich Tomato Soup Goldfish Crackers Assortment of Fruit Milk</p>	<p>8 Pasta Selection Choice Stuffed Shells, Ravioli's or Lasagna, Garlic Stick, Cucumber Salad, Fruit, Cookie, Milk</p>	<p>9 <u>Breakfast for Lunch</u> Breakfast Sandwich Egg, Cheese & Ham on Croissant Hash Browns Fruit Milk</p>	<p>10 Korean Sticky Chicken Steamed Broccoli Steamed Rice Dinner Roll Pineapple Fortune Cookie Milk</p>	<p>11 Chef's Choice Vegetable Sticks w/ Hummus Assorted Fruit Milk</p>
<p>Vegetarian/ Vegan Bar Daily \$3.50</p> <p><u>Offered Daily</u> Uncrustable Peanut Butter & Grape or Strawberry Jelly Sandwich \$3.00</p>	<p>14 Steak & Cheese Sub or Italian Sausage Sub Oven Baked Fries Fruit, Milk</p>	<p>15 Grilled Mahi Mahi or Grilled Salmon Wild Rice Roasted Brussel Sprouts Fruit Milk</p>	<p>16 Chicken Primavera over Pasta Garlic Stick Garden Salad Fresh Fruit Cookie Milk</p>	<p>17 Smoked BBQ Pulled Pork Sandwich Cole Slaw Kale Chips Fruit Milk</p>	<p>18 Chicken Fajita Sautéed Peppers & Onions Sour Cream, Salsa Lettuce, Tomatoes, Rice Steamed Corn Fruit Milk</p>
<p>Daily On the Go-Cart Item Will be Announced \$3.00</p>	<p>21 Chicken & Gravy over Mashed Potatoes Steamed Carrots Bread Stick Fruit Cookie Milk</p>	<p>22 <u>Top Your Mac & Cheese Bar</u> Pasta w/ choice of Spicy Cheese Sauce, Cheese Sauce; Chicken, Ham, Hot Dog; Broccoli Dinner Roll Peaches Milk</p>	<p>23 <u>Flat Bread Bar</u> Select a Flatbread Add Toppings Broccoli Slaw Oven Roasted Chick Peas Fruit Milk</p>	<p>24 Chicken Fajita's Sautéed Peppers & Onions Sour Cream, Lettuce, Tomatoes Rice Steamed Corn Fruit, Milk</p>	<p>25 Chef Choice Roasted Edamame Fruit Milk</p>
<p>Main Meal \$3.00</p> <p>All Meals come with Vegetable Fruit Bar & Milk Selections</p>	<p>28 Memorial Day No School</p>	<p>29 Grilled Cheese Sandwich or Grilled Cheese & Tomato Sandwich Tomato Soup Goldfish Crackers Assorted of Fruit Milk</p>	<p><u>Taco Salad Boat</u> Taco Meat served in a Corn Taco Boat w/ Lettuce, Tomato & Cheese, Salsa, Sour Cream, Rice, Corn, Refried Beans, Fruit, Cookie, Milk</p>	<p>31 Homemade Calzones Choice of: Cheese or Vegetable Served w/ Mariana Sauce Garden Salad Apple Sauce Cups Milk</p>	

This institution is an equal opportunity provider.