

Exeter High Lunch Menu

August /September 2017

Jeanne Pierce: Food Service Director

Telephone Number: 775 -8449

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Offered Daily: Salad Bar \$3.50 Vegetarian Burger \$3.50 Salmon Burger \$4.00	First Day of School Chicken Tenders Dinner Roll Spicy Fries Assortment of Fruit Milk	29 Chicken & Gravy Served over Mashed Potatoes Steam Carrots Bread Stick Sliced Pears Cookie Milk	30 Bosco Sticks w/ Sauce Garden Salad Assorted Fruit Milk	31 Shaved Steak & Cheese Sub Or Italian Sausage Sub, Sautee Peppers & Onions, Baked Onion Rings Fruit, Milk	Soup will be offered daily with each meal starting Sept. 5, 2017 Just a bowl of Soup will be \$2.00
Offered Daily: Pizza Bar \$3.00 Value Price: 2 slices Pizza \$5.00 Yogurt Parfaits \$3.50	Labor Day	5 Chicken Parmesan over Pasta Dinner Roll Garden Salad Fresh Fruit Milk	6 General Tso's Chicken Vegetable Egg Roll Fried Rice Stir Fried Vegetables Pineapple Tidbits Milk	7 Soft Shell Taco Served w/ Refried Beans, Lettuce, Tomato, Shred Cheese, Rice Mexican Corn Fresh Melon Milk	8 Chicken Cordon on Bleu on Bun Long Grain Wild Rice Steamed Carrots Fruit Milk
Deli Bar Daily \$4.00 Offered Daily Uncrustable peanut butter & Jelly Sandwich \$3.00	11 Cheese Ravioli Garlic Stick Garden Salad Sliced Peaches Milk	12 Whole Wheat Donut, Scrambled Eggs Sausage Links Baked Beans Juice Milk	13 Homemade Meatloaf Mashed Potatoes Gravy Dinner Roll Assorted Fruit Cookie Milk	14 Grilled Cheese Sandwich w/ Tomato Soup Sliced Pears Milk	15 Shrimp Poppers Bread Stick Tartar Sauce Smashed Cauliflower Fruit Milk
Offered M,W & Fri Burger on Bun \$3.00 T & Th Plain or Spicy Chicken Patty on Bun \$3.00	18 Pasta w/ Mozzarella Sticks d w/ Marinara Sauce Salad Fresh Fruit Milk	19 Baked Corn Dog Cole Slaw Sidewinder Fries Mixed Fruit Cookie Milk	20 General Tso's Chicken Vegetable Egg Roll Fried Rice Steamed Broccoli Fruit Fortune Cookie Milk	21 Homemade Meat Lasagna or Vegetable Lasagna Garlic Bread Stick Mixed Greens Salad Fruit Milk	22 Sloppy Joe on a Bun Steamed Carrots Oven Roasted Edamame Fresh Apple Milk
Main Meal \$3.00 All Meals come with Vegetable & Fruit Bar Selections	25 Shepherd's Pie Dinner Roll Steamed Carrots Mashed Potatoes Gravy Fruit Cookie Milk	26 Ruben Sandwich Baked Onion Rings Mixed Fruit Milk	27 Ramen Noodle Bar Noodles w/ Broth Choice of; Egg, Chicken, Tofu Snap Peas Broccoli, Dinner Roll Fruit, Fortune Cookie, Milk	28 Homemade Calzone's Choice of Pepperoni, Cheese or Vegetable, Salad Fresh Fruit Milk	29 Fish Taco w/ Flour Tortilla Served w/ Spicy Cole Slaw Sweet Potato Fries Sliced Pears Milk

This institution is an equal opportunity provider.

This menu meets the nutritional guidelines for the National School Lunch Program as established by the USDA.