



EAST PENN SCHOOL DISTRICT
SECONDARY LUNCH MENU MARCH 2010



Pizza- variety daily

Plain, Pepperoni, and Buffalo Chicken

Grab and Go

Two varieties daily of hot sandwiches which could include: chicken sandwich varieties, hamburgers & cheeseburgers, meatball subs, fish sandwiches, hot hoagies and hot dogs.

Alternating Bar

All schools offer an alternating lunch bar which includes a pasta bar or nacho bar.

All are served with a choice of vegetable, fruit and milk.



Boxed Wraps

Chicken assortments, Caesar, snacker, and vegetable
Each box entrée is served with choice of vegetable, fruit and milk.

Boxed Salads

Chicken assortments, Caesar, tuna, garden, fruit salad w/ cottage cheese
Served with a fruit, roll, and milk

Daily Salad bar is available
Fresh vegetables and meat choices.

Food Service Director
Aneita Sutton
Phone: 610-965-1680
Email: suttoane@eastpennsd.org



- 3/1 - Baked Chicken Patty - green beans
- 3/2 - Sloppy Joe on a Bun - potato wedges
- 3/3 - Hornet Hoagie - corn on the cob
- 3/4 - Pulled Pork on a Bun - peas
- 3/5 - Pizza Sticks - served with marinara sauce

NO LUNCH EHS

- 3/8 - **NO SCHOOL**
- 3/9 - Three Cheese Personal Pizza - on a pita

EYER DOMINOS LUNCH

- 3/10 - Spaghetti and Meatballs - tossed salad
- 3/11 - Turkey Slice over Italian Bread - mashed potatoes and gravy, hot apple slices
- 3/12 - Fish Sticks - corn nibblets

- 3/15 - Salisbury Steak - scalloped potatoes and gravy
- 3/16 - Chicken Cordon Bleu - chicken patty with, ham and cheese, green beans, apple crisp
- 3/17 - Nacho Platter - seasoned ground beef, mozzarella, shredded lettuce, salsa over a bed of tortilla chips; toppings of your choice

LMMS DOMINOS LUNCH

- 3/18 - Wheat Penne Casserole - tossed salad
- 3/19 - Grilled cheese - tomato soup

- 3/22 - Chicken Nuggets - cooked carrots

EYER DOMINO LUNCH

- 3/23 - Ham and Cheese Stromboli - on a pita, peach cobbler
- 3/24 - Turkey and Cheese Hoagie - on a seeded roll
- 3/25 - Shephards Pie - seasoned beef with mixed vegetables topped with mashed potatoes, multi grain dinner roll

- 3/26 - Egg and Cheese on a Bun - potato rounds
- 3/29 - Grilled Chicken Breast on Bun - cucumber slices
- 3/30 - Pizza burger on a Bun - Hamburger topped with marinara and cheese
- 3/31 - Breaded Chicken Pieces - thighs, legs, and breasts

LMMS DOMINOS LUNCH

Each entrée served with choice of bread, vegetable, fruit and low fat milk.
Fresh fruit & fresh vegetable varieties available daily.
All menu items are subject to change.

**Lunch Prices- Paid: \$1.80 Reduced \$0.40
Adult \$3.25**

**EHS Domino is Monday/Wednesday Weekly
Dominos \$1.95 Adults \$4.25**



Online student account information is available at
www.mylunchmoney.com

Offered daily are a variety of ala carte snack items. Please see:
www.eastpennsd.org
for our up to date list with pricing.

Deli Creations

Made to order Deli Bar

All schools offer a variety of meats and cheeses on our made to order deli bars. Selections include: Turkey, Roast Beef, Salami, Bologna, Tuna Salad, Provolone, Mozzarella, and American Cheeses.
Bread varieties include: Club rolls, Healthy breads, Steak rolls, wraps, and white bread

Panini's

Panini's: EHS ONLY

2 VARIETIES DAILY

All sandwiches served with choice of fruit, vegetable, and low fat milk

Breakfast

Monday: Cereal
Tuesday: Yogurt
Wednesday: Hot Sandwich
Thursday: Pancakes or waffles
Friday: Cereal



We offer 1% White, Skim, and Low Fat flavored milk daily.

Additional nutritious beverages are available ala carte.

