Eastampton Community School LUNCH MENU Pre k-8th

October 2026

EAT SMART BE SMART



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Nuggets W/Biscuit Cheeseburger On Bun Mashed Potatoes Baby Carrots	2 Pizza Cheeseburger On Bun Side Salad Red Pepper Strips
5 Chicken Patty On Bun Hot Dog On Bun Oven Fries Baby Carrots	6 Beef Soft Tacos Hot Dog On Bun Rice Black Beans	7 Baked Chicken **Pre-k Chicken Nuggets** Hot Dog On Bun Green Beans Cucumber Slices	8 French Bread Pizza Hot Dog On Bun Side Salad	9 No School
12 No School	13 Chicken & Cheese Quesadilla Pasta & Meat Sauce Steamed Corn Salsa	14 Ham & Cheese on Croissant Pasta & Meat Sauce Steamed Broccoli Carrot Sticks	15 **Breakfast for Lunch:** French Toast Sticks W/sausage Pasta & Meat Sauce Tri-Taters Mandarin Spring Salad	16 Pizza Pasta & Meat Sauce Side Salad
19 Pasta with Meat Sauce Grilled Cheese Green Beans Cucumber Slices	20 Beef Soft Tacos Grilled Cheese Refried Beans Lettuce & Tomato	21 Sweet & Sour Chicken over Rice Grilled Cheese Broccoli Carrot Sticks	22 Meatball Sandwich Grilled Cheese Curly Fries Red Pepper Slices	23 Pizza Grilled Cheese Side Salad
26 Breaded Chicken Tenders with Mini Waffles Cheeseburger on Bun Crinkle Cut Fries Green Beans	27 Walking Taco Cheeseburger on Bun Seasoned Black Beans Corn	28 Chicken Alfredo over Penne with garlic toast Cheeseburger on Bun Steamed Broccoli Celery Sticks with Ranch	29 Grilled Cheese Sandwich Cheeseburger on Bun Tomato Soup Green Pepper Strips	30 Pizza Cheeseburger on Bun Side Salad

MAKE IT A MEAL!
Choose at least **3** of **5** meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices
Student $3.85
Adult $5.00

Available Daily
Turkey or Ham & Cheees Hoagies
Uncrustables
Garden Salald w/ cheese

Fruit & Veggie Selection
Apples, fresh cupped fruit, carrots, celerty, bell pepper, cucumbers

Students may choose two ½ cup servings.

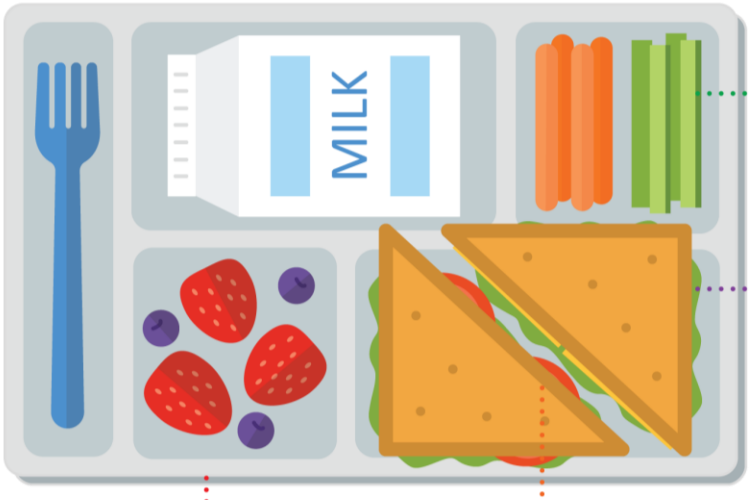
Milk Selection
1% or Fat Free Chocolate Milkl

Your Dining Services Team
Nancy Piazza
Food Service Director
ma1526@metzcorp.com

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz



MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

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LUNCH PRICES

Student Lunch:	$3.85
Adult Lunch:	$5.00

schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.

Meet Your nutritious friends



YOUR DINING SERVICES TEAM
Nancy Piazza, Food Service Director
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