

September 2023

NHRHS Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		30 Crispy Chicken Sandwich Curly Fries Carrot Sticks with Ranch Mixed Fruit	31 Nacho Average Nachos Taco Meat and Cheese Sauce on Tortilla Chips Mean Bean Salad Cherry Tomatoes Pineapple Tidbits	1 Popcorn Chicken Bowl Mashed Potatoes Golden Corn Buttermilk Biscuit Cucumber Slices Craisins
4 Labor Day No School	5 Macaroni and Cheese with Chicken Drumstick Soft Dinner Roll Roasted Zucchini Carrot Sticks Apple Slices	6 Melty Ham and Cheese Croissant Tomato Soup Crispy Ranch Chickpeas Fresh Fruit Cup	7 Cheesy Chicken Parm on Spaghetti Fresh Garden Salad Peaches	8 Mexican Chicken Rice Bowls with Guacamole Cherry Tomatoes Frozen Strawberry Mango Fruit Cup
11 Cowboy Burger with Onion Rings and BBQ Sweet Potato Fries Cucumber Slices Mixed Fruit	12 Asian Potstickers with Sesame Dipping Sauce Vegetable Fried Rice Ginger Glazed Carrots Mandarin Oranges	13 French Toast Sticks Sizzlin' Sausage Links Crispy Tater Tot Dragon Veggie Juice Raisins	14 Chicken Tenders Assorted Dipping Sauces Buttermilk Biscuit Local Spinach Salad Fresh Berry Cup	15 Saucy Meatball Grinder with Mozzarella Cheese Roasted Broccoli Orange Smiles
18 Pretzel and Chicken Bites with Honey Mustard Sauce Smile Fries Celery Sticks Apple	19 Crunchy Tacos with Lettuce and Tomato Shredded Cheddar Fiesta Beans Peaches	20 Hawaiian Ham Melt with Cheese and Pineapple on a Ciabatta Roll Sweet Potato Crinkles Veggie Sticks Melon	21 Pizza Pocket with Marinara Dipping Sauce Roasted Broccoli Crispy Chickpeas Orange Slices	22 Popcorn Chicken Bowl Mashed Potatoes Golden Corn Buttermilk Biscuit Grapes
25 Puled Pork Sandwich Seasoned Curly Fries Coleslaw Salad Carrot Sticks Craisins	26 Rotini Pasta with Marinara and Meatballs Soft Dinner Roll Garlicy Yellow Squash Pears	27 BBQ Chicken Drumstick with Cornbread Mashed Potatoes Baked Beans Apple	28 Cheesy Quesadilla with Peppers and Onions Salsa and Sour Cream Cucumber Slices Pineapple	29 Home Fry Breakfast Bowl with a Fresh Baked Cinnamon Roll Mango Veggie Juice Fresh Fruit Cup



Important Information:

- * Add money to a students account at [MyPaymentsPlus.com](https://www.mypaymentsplus.com)
- * Many of our menu items contain allergens, for more information or any other questions contact the Food Services Director, Natalie Mather at Natalie.mather@easthaddamschools.org

Welcome Back!!!

Households should complete an application to determine Free or Reduced status if you qualify, as breakfast and lunch will no longer be free for the 2023-2024 school year

Lunch Prices

Full Pay = \$3.75
Adult Meal = \$4.00
Milk = \$0.75

Alternate Meal Choices

Available Daily:
Deli Bar or Salads

Monday:

Bosco Bread Sticks

Tuesday:

Crispy Chicken Sandwich

Wednesday:

Mozzarella Sticks

Thursday:

Cheeseburger

Friday:

Specialty Pizza Slice

All Meals are Served with Milk, Fruits and Vegetables

1% White, Fat-Free Chocolate and Fat-free Strawberry Milk are Offered

Snacks for Sale

Chips = \$1.00
Cookie = \$1.00
Mini Crispy Treat = \$0.25
Sparkling Juice = \$1.50
Water = \$1.00

EHPS is an Equal Opportunity Provider

Menus are Subject to Change