



EVANSTON
TOWNSHIP HIGH SCHOOL
NUTRITION SERVICES

LUNCH

WEEKLY ENTREE SPECIALS

	WEEK A	WEEK B	WEEK C	DAILY CHOICES
MON	Italian Beef Sandwich w/ Chi Town Giardiniera OR Beef & Broccoli Vegetarian Lasagna	Sesame Noodles w/ Edamame Breaded Chicken Drumstick w/ Jalapeno Cheddar Biscuit	Chicken Pesto Pasta Chicken Potstickers w/ Vegetable Egg Rolls	SALADS: Greek Chickpea w/ Pita Bread, Chicken Caesar w/ Dinner Roll & Croutons
TUE	Chicken Tenders w/ Mac & Cheese Cheeseburger OR Black Bean Burger on Onion Roll w/ Cajun Sauce & Tater Tots	Spiced Chickpea Curry w/ Brown Rice Greek Chicken Drumsticks w/ Roasted Lemon Potatoes	Jerk Chicken Drumsticks w/ Tumeric Brown Rice & Plantains Hot Buffalo Chicken Sandwich	WRAPS: Spicy Chicken Caesar, Hummus & Veggie, Italian BISTRO BOX: Yogurt, Granola, Muffin & Fruit
WED	Nacho Bar: Beef, Turkey, or Plant-Based Taco Crumbles w/ Black Beans, Cheese Sauce, & More!	Spicy Plantain Black Bean Tacos Nacho Bar: Beef, Turkey, or Plant-Based Taco Crumbles w/ Toppings	Spicy Black Bean Burger Nacho Bar: Beef, Turkey, or Plant-Based Taco Crumbles w/ Toppings	SANDWICHES: Smoked Deli Turkey, Roast Beef, Grape Uncrustable
THU	Chicken Wings & Buttermilk Biscuit w/ Choice of Sauce: Hot, BBQ, Teriyaki, Honey Butter Pasta w/ Choice of Sauce: Meat or Marinara	Mashed Potato Bowl: Popcorn Chicken or Veg Nuggets Egg & Cheese Croissant Sandwich w/ Chicken or Veg Sausage	Hot Turkey & Cheese Sandwich on Croissant OR Caprese Panini w/ Pesto on Ciabatta	HOT: Spicy or Plain Chicken Sandwich, Bosco Sticks w/ Marinara, Cheese or Pepperoni Pizza
FRI	Orange Chicken or Orange Tofu w/ Veggie Brown Rice Rice & Bean Burrito w/ Cheese Sauce & Salsa	General Tso Chicken w/ Veggie Brown Rice Philly Cheesesteak Wrap	Cherry Blossom Chicken w/ Brown Rice Pasta w/ Beef Meatballs & Ricotta	Fresh Fruit, Fresh/Roasted/Steamed Veggies, Low-Fat Chocolate & White Milk Offered with all Entrees