

Epping Middle & High School Menu - September 2011

Please Note: Menu is Subject to Change

Always Available

Main Meal: \$2.30 students

Grab and Go Salad Meal: \$2.75 students

Deli Sandwich Bar Meal: \$2.75 students

* All meals are served with an 8 oz plain or flavored milk.

September 5	September 6	September 7	September 8	September 9
Labor Day	Spicy Chicken Subs	Pizza	Bosco Sticks	Cheeseburger/WW Roll
No School	Baked French Fries	Pepperoni or Cheese	Marinara Sauce	Pasta Salad
	Green Beans	Tossed Salad	Baby Carrots	Spinach
	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
September 12	September 13	September 14	September 15	September 16
Grilled Cheese	Spaghetti	Pizza	Chicken Quesadilla	Hot Turkey Sandwich
Tomato Soup	Meat or Marinara Sauce	Sausage or Cheese	Mexican Rice	Mashed Potato
Sweet Potato Tots	Garlic Bread	Caeser Salad	Corn	Broccoli
Choice of Fruit	Green Beans	Choice of Fruit	Choice of Fruit	Cranberry Sauce
	Choice of Fruit			Choice of Fruit
September 19	September 20	September 21	September 22	September 23
Burrito	Steak and Cheese Flatbread	Pizza	Teriyaki Chicken	Chicken Parmesean
Beef or Bean	Baked French Fries	Pepperoni or Cheese	Seasoned Rice	Rotini
Buttered Noodles	Squash Medley	Spinach Salad	Oriental Vegetables	WW Bread
Green Peas	Choice of Fruit	Choice of Fruit	Choice of Fruit	Mini Salad
Choice of Fruit				Choice of Fruit
September 26	September 27	September 28	September 29	September 30
French Toast Sticks	Meatball Subs	Pizza	Chili over Rice	Professional Development
Hash Brown	Macaroni Salad	Pepper&Onion or Cheese	Corn Chips	No School
Sausage	Green Peas	Baby Greens Tossed Salad	Mini Salad	
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	

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