

Main Meal \$2.25 students
 Grab and Go Salad Meal \$2.75 students
 Deli Sandwich Bar Meal \$2.75 students
 Choice of Fruit
 10 oz milk served with meals plain or flavored

Epping Middle & High School
 March 2010 Lunch Menu

Menu Subject to Change

1-Mar
 Mozzarella Sticks
 Dipping Sauce
 Green Beans
 Choice of Fruit

2-Mar
 Big Daddy Pizza
 Caesar Salad
 Choice of Fruit

3-Mar
 Rotini Alfredo
 Chicken & Broccoli
 Breadstick
 Apple Crisp
 Choice of Fruit

4-Mar
 Beef Taco
 Hard Shell
 Lettuce - Tomato
 Seasoned Rice
 Corn
 Cherry Frudel

5-Mar
 Hot Dog / Roll
 Potato Salad
 Baked Beans
 Choice of Fruit

8-Mar
 Spicy Chicken Sub
 Buttered Noodles
 Mixed Vegetables
 Choice of Fruit

9-Mar
 No School
 Teachers Workshop

10-Mar
 Big Daddy Pizza
 Tossed Salad
 Choice of Fruit

11-Mar
 Pancakes
 Cheesy Scrambled Eggs
 Sausage Links
 Hash Brown
 Choice of Fruit

12-Mar
 Bacon Cheese Burger/ Roll
 Baked French Fries
 Green Peas
 Choice of Fruit

15-Mar
 Meatball Sub
 Tater Tots
 Corn
 Choice of Fruit

16-Mar
 Big Daddy Pizza
 Tossed Salad
 Choice of Fruit

17-Mar
 Chicken Patty/ Roll
 Rice Pilaf
 Broccoli
 Choice of Fruit

18-Mar
 Turkey / Gravy
 Mashed Potato
 Dinner Roll
 Green Beans
 Cranberry Sauce
 Choice of Fruit

19-Mar
 Grilled Cheese
 Tomato
 Soup
 Three Bean Salad
 Choice of Fruit

22-Mar
 Sweet & Sour Chicken
 Oriental Vegetables
 Rice
 Fortune Cookie
 Choice of Fruit

23-Mar
 Big Daddy Pizza
 Caesar Salad
 Choice of Fruit

24-Mar
 Chili Cheese Wrap
 Buttered Noodles
 Corn
 Choice of Fruit

25-Mar
 Turkey Club Sandwich
 Baked French Fries
 Baby Carrots
 Choice of Fruit

26-Mar
 Spaghetti/ Meatsauce
 WW Bread
 Green Beans
 Choice of Fruit

29-Mar
 Bosco Sticks
 Dipping Sauce
 Caesar Salad
 Choice of Fruit

30-Mar
 Big Daddy Pizza
 Tossed Salad
 Choice of Fruit

31-Mar
 Chicken Nuggets
 Roasted Red Potato
 Green Peas
 Choice of Fruit

In accordance with Federal Law and US department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. Free and Reduced applications are available at any time of the year