

Always Available

Main Meal \$2.30 students

Grab and Go Salad Meal \$2.75 students

Deli Sandwich Bar Meal \$2.75 students

8 oz milk served with meals plain or flavored

Epping Middle & High School

January 2012 Menu

Menu Subject to Change

January 2	January 3	January 4	January 5	January 6
Bosco Sticks	Chicken Fajita	Big Daddy Pizza	Baked Ziti	Hot Dog/Roll
Marinara Sauce	Salsa Rice	Tossed Salad	Breadstick	tater Tots
Green Peas	Lettuce-Tomato-Cheese	Choice of Fruit	Green Beans	Baked Beans
Choice of Fruit	Corn		Choice of Fruit	Brownie
	Choice of Fruit			Choice of Fruit
January 9	January 10	January 11	January 12	January 13
Spicy Chicken Subs	Macaroni & Cheese	Big Daddy Pizza or	Chicken / Gravy	No School
Buttered Noodles	BBQ Rib	Garlic Bread Pizza	Biscuit	Professional Day
Broccoli	Baby Carrots	Spinach Salad	Mashed Potatoes	
Choice of Fruit	Choice of Fruit	Choice of Fruit	Green Peas	
			Choice of Fruit	
January 16	January 17	January 18	January 19	January 20
No School	French Toast Sticks	Big Daddy Pizza	Beef Taco	Teriyaki Dippers
Civil Rights Day	Hash Brown	Caesar Salad	Lettuce-Tomato-Cheese	Seasoned Rice
	Sausage	Choice of Fruit	Mexi Corn	Oriental Vegetables
	Choice of Fruit		Churro	Choice of Fruit
			Choice of Fruit	
January 23	January 24	January 25	January 26	January 27
Ham & Cheese Flatbread	Spaghetti / Meatsauce or	Big Daddy Pizza or	Cheeseburger / WWRoll	Hot Turkey Sandwich
Baked French Fries	Marinara Sauce	Personal Pizza	Pasta Salad	Mashed Potatoes
Broccoli Salad	Garlic Bread	Baby Greens Tossed Salad	Lettuce-Tomato	Mixed Vegetables
Choice of Fruit	Green Beans	Choice of Fruit	Spinach	Jello/Topping
	Choice of Fruit		Choice of Fruit	Choice of Fruit
January 30	January 31			
Southwest Chicken Sub	Sloppy Joe/ WWRoll			
Sweet Potato Casserole	Parmesean Noodles			
Cauliflower	Glazed Carrots			
Choice of Fruit	Choice of Fruit			

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

or call toll free (866) 632-9992 (Voice), Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."