

**Always Available**

Main Meal \$2.30 students

Grab and Go Salad Meal \$2.75 students

Deli Sandwich Bar Meal \$2.75 students

Epping Middle &amp; High School

November 2011 Menu

8 oz milk served with meals plain or flavored

Menu Subject to Change

November 1	November 2	November 3	November 4
Chicken Parmesean	Big Daddy Pizza	French Toast Sticks	Pulled Pork/ WW Roll
Rotini	Caesar Salad	Sausage	Sweet Potato Tots
Garlic Bread	Choice of Fruit	Hash Brown	Broccoli
Green Beans		Choice of Fruit	Choice of Fruit
Choice of Fruit			

  

November 7	November 8	November 9	November 10	November 11
Teriyaki Chicken	Meatball Sub	Big Daddy Pizza	No School	No School
Seasoned Rice	Parmesean Noodles	Tossed Salad	Conference Day	Veteran's Day
Oriental Vegetables	Pickled Beets	Choice of Fruit		
Choice of Fruit	Choice of Fruit			

  

November 14	November 15	November 16	November 17	November 18
Hot Dog	Bosco Sticks	Big Daddy Pizza	Turkey / Gravy	Cheeseburger/ WWRoll
Baked Beans	Marinara Sauce	Spinach Salad	Mashed Potato	Turkey Noodle Soup
Macaroni Salad	Mini Salad	Choice of Fruit	Harvest Vegetables	Baked French Fries
Choice of Fruit	Choice of Fruit		Biscuit	Choice of Fruit
			Apple Crisp	

  

November 21	November 22	November 23	November 24	November 25
American Chop Suey	Chicken Nuggets	No School	No School	No School
Garlic Bread	Seasoned Rice			
Green Beans	Mixed Vegetables			
Choice of Fruit	Choice of Fruit			

  

November 28	November 29	November 30
Buffalo Chicken Flatbread	Ham & Cheese Quiche	Big Daddy Pizza
Seasoned Rice	Roasted Red Potatoes	Baby Green Tossed Salad
Corn	Croissant	Choice of Fruit
Choice of Fruit	Choice of Fruit	

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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."