

Epping Middle & High School Menu - October 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.

October 3	October 4	October 5	October 6	October 7
Chicken Patty /WW Roll	American Chop Suey	Big Daddy Pizza	Pizza Burger	Pancakes
Seasoned Rice	WW Bread	Caesar Salad	Chicken Vegetable Soup	Scrambled Eggs
Glazed Carrots	Green Beans	Choice of Fruit	Cole Slaw	Sausage
Choice of Fruit	Choice of Fruit		Funnel Cake Fries	Hash Brown
			Choice of Fruit	Choice of Fruit

October 10	October 11	October 12	October 13	October 14
No School	Macaroni and Cheese	Big Daddy Pizza	Chicken Tenders	Homemade Lasagna
Columbus Day	BBQ Rib	Spinach Salad	Cheesy Baked Potato	Meatballs
Choice of Fruit	Broccoli	Choice of Fruit	Zucchini	Garlic Bread
	Applesauce Cake		Choice of Fruit	Tossed Salad
	Choice of Fruit			Choice of Fruit

October 17	October 18	October 19	October 20	October 21
Chicken Quesadilla	Mozzarella Sticks	Big Daddy Pizza	Spicy Chicken Subs	Sloppy Joe/WW Roll
Seasoned Rice	Marinara Sauce	Baby Greens Tossed Salad	Pasta Salad	Spicy Fries
Mexi Corn	Tomato Rice Soup	Choice of Fruit	Baby Carrots	Green Peas
Choice of Fruit	Choice of Fruit		Jello w/ Topping	Choice of Fruit
			Choice of Fruit	

October 24	October 25	October 26	October 27	October 28
Spicy Chicken Flatbread	Spaghetti / Meatsauce	Big Daddy Pizza	Beef or Bean Burrito	Cheeseburger/ WW Roll
Buttered Noodles	WW Bread	Tossed Salad	Spanish Rice	Sweet Potato Tots
Mixed Vegetables	Green Beans	Choice of Fruit	Black Bean & Corn Salad	Cauliflower
Chocolate Pudding/ Topping	Choice of Fruit		Choice of Fruit	Choice of Fruit
Choice of Fruit				

October 31

Grilled Cheese
 Tomato Soup
 Celery Sticks
 Halloween Dessert
 Choice of Fruit

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