

Always Available*
Main Meal - \$2.25 students
Grab and Go Salad Meal - \$2.75 students
Deli Sandwich Bar Meal - \$2.75 students
*Choice of Fruit and 10 oz Milk, plain or flavored, included with above meals

**Epping High School & Middle School
LUNCH MENU
September 2010**

Menu Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
September 6	September 7	September 8	September 9	September 10
Labor Day No School	Bosco Cheese Sticks Dipping Sauce Mixed Vegetables Choice of Fruit	Big Daddy Pizza Tossed Salad Choice of Fruit	Cheeseburger/WW Roll Tater Tots Green Peas Choice of Fruit	Spicy Chicken Subs Pasta Salad Glazed Carrots Choice of Fruit
September 13	September 14	September 15	September 16	September 17
Chicken Fajita Lettuce-Tomato-Cheese Seasoned Rice Corn Niblets Choice of Fruit	Spaghetti/ Sauce Meat or Meatless Breadstick Green Beans Choice of Fruit	Big Daddy Pizza Caeser Salad Choice of Fruit	Chicken Teriyaki Rice Oriental Vegetables Fortune Cookie Choice of Fruit	Hot Dog/ Roll Baked Beans Roasted Red Potato Brownie Choice of Fruit
September 20	September 21	September 22	September 23	September 24
French Toast Sticks Sausage Hash Brown Apple Crisp Choice of Fruit	Baked Macaroni & Cheese Ham Slice Broccoli Choice of Fruit	Big Daddy Pizza Tossed Salad Choice of Fruit	Beef Taco Spanish Rice Corn Choice of Fruit	Chicken Tenders Baked French Fries Green Peas Choice of Fruit
September 27	September 28	September 29	September 10	October 1
Grilled Cheese Tomato Soup Blueberry Shortcake Choice of Fruit	Meatball Subs Buttered Noodles Baby Carrots Choice of Fruit	Big Daddy Pizza Caeser Salad Choice of Fruit	Rotini Alfredo Chicken & Broccoli WW Bread Turtle Oatmeal Cookie Choice of Fruit	Teacher's Workshop No School

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