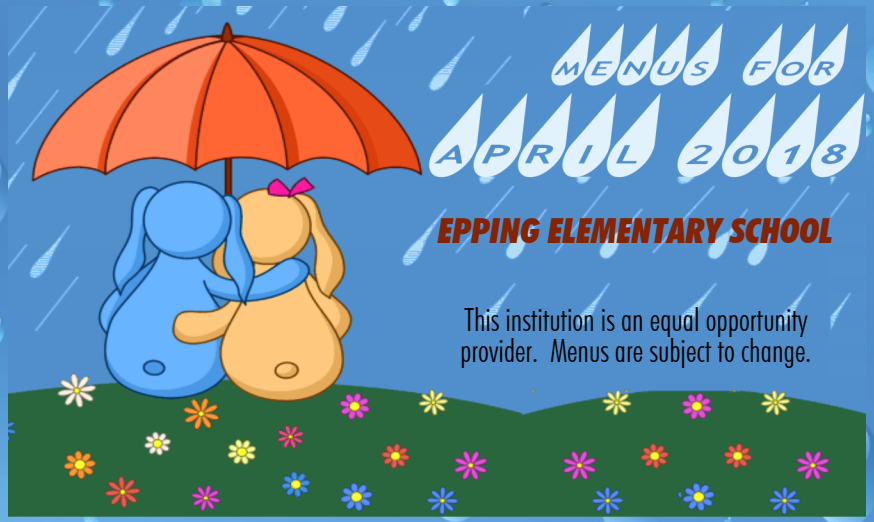


MENUS FOR APRIL 2018

EPPING ELEMENTARY SCHOOL

This institution is an equal opportunity provider. Menus are subject to change.

Weekends Nights

Looking for a job with a family feel *and* family-friendly hours?

Epping School District Food has part-time and substitute openings.

Applications are under support staff on the website or at SAU office. Join our team!

Available Daily

1% White Milk
FF Strawberry Milk
FF Chocolate Milk

Choice of canned, dried, or fresh fruit daily
Products sourced locally when possible

TIME TO BLOSSOM.

The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
Breakfast Bagel or Cereal Fruit or Juice, Milk Choice **Lunch** Mini Corn Dogs or Sunbutter & jelly Boston Baked Beans Cucumber Slices Choice of Fruit Choice of Milk	**Breakfast** Mini Pancakes or Cereal Fruit or Juice, Milk Choice **Lunch** Tuna Flatbread or Ham Sandwich Roasted Cinnamon Carrots Baked French Fries Choice of Fruit Choice of Milk	**Breakfast** Egg & Cheese Bagel or Cereal Fruit or Juice, Milk Choice **Lunch** Fremont Pizza or Sunbutter & Jelly Caesar Salad Choice of Fruit Choice of Milk	**Breakfast** Cinnamon Roll or Cereal Fruit or Juice, Milk Choice **Lunch** Chili & Cheese Nachos Or Ham Sandwich WG Rice Corn Niblets Choice of Fruit Choice of Milk	**Breakfast** Double Chocolate Muffin or Cereal, Fruit or Juice, Milk Choice **Lunch** Mozzarella Sticks w/ Sauce or Fruit & Yogurt Parfait Buttered Noodles Garlic Spinach Choice of Fruit Choice of Milk

BEAK EFFICIENCY.

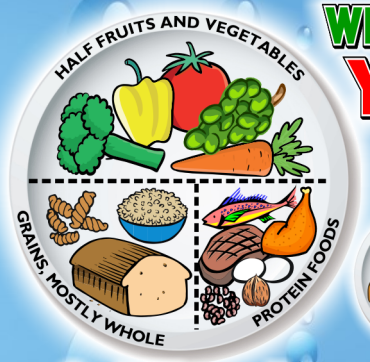
The Tufted Puffin of the North Pacific eats mostly small fish that it catches as it swims. It may carry several dozen fish all at once in its big beak back to its young in the nest!

Photo by Nature's Pics

ANIMAL APPETITES

Monday, April 9	Tuesday, April 10	Wednesday, April 11	Thursday, April 12	Friday, April 13
NO SCHOOL PROFESSIONAL DEVELOPMENT DAY	**Breakfast** Mini Pancakes or Cereal Fruit or Juice, Milk Choice **Lunch** Baked Chicken Drumstick Or Turkey Sandwich Baked French Fries Green Beans Choice of Fruit Choice of Milk	**Breakfast** Egg & Cheese Bagel or Cereal Fruit or Juice, Milk Choice **Lunch** Stuffed Crust Pizza or Sunbutter & Jelly Tossed Salad Choice of Fruit Choice of Milk	**Breakfast** Cinnamon Roll or Cereal Fruit or Juice, Milk Choice **Lunch** Meatballs/ Sauce & Breadstick or Turkey Sandwich Parmesan Noodles Broccoli Choice of Fruit Choice of Milk	**Breakfast** Double Chocolate Muffin or Cereal, Fruit or Juice, Milk Choice **Lunch** Cheesey Scrambled Eggs/ Muffin Or Fruit & Yogurt Parfait Hash Brown Choice of Fruit Choice of Milk

Monday, April 16	Tuesday, April 17	Wednesday, April 18	Thursday, April 19	Friday, April 20
Breakfast Bagel or Cereal Fruit or Juice, Milk Choice	**Breakfast** Mini Pancakes or Cereal Fruit or Juice, Milk Choice	**Breakfast** Egg & Cheese Bagel or Cereal Fruit or Juice, Milk Choice	**Breakfast** Cinnamon Roll or Cereal Fruit or Juice, Milk Choice	**Breakfast** Double Chocolate Muffin or Cereal, Fruit or Juice, Milk Choice
Lunch Orange Popcorn Chicken or Sunbutter & Jelly WG Rice Broccoli Choice of Fruit Choice of Milk	**Lunch** Hot Dog/ WG Roll or Tuna Sandwich Boston Baked Beans Baked French Fries Choice of Fruit Choice of Milk	**Lunch** Fremont Pizza or Sunbutter & Jelly Caesar Salad Choice of Fruit Choice of Milk	**Lunch** Baked Rotini/ Garlic Breadstick Or Tuna Sandwich Roasted Fresh Zucchini Choice of Fruit Choice of Milk	**Lunch** Chicken Caesar Salad w/ WG Dinner Roll or Fruit & Yogurt Parfait Vegetable Barley Soup Choice of Fruit Choice of Milk



What's on YOUR plate?

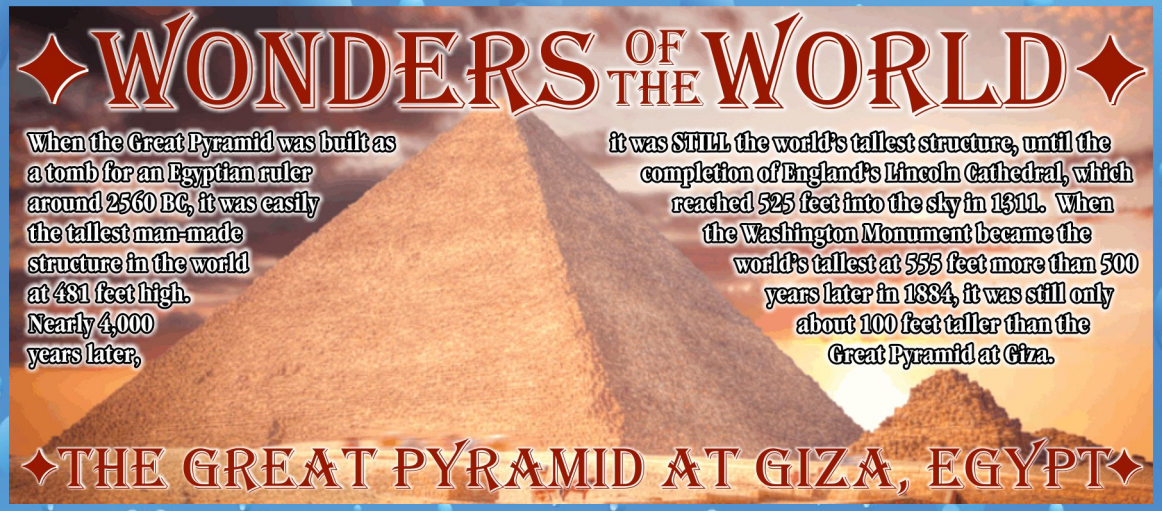
Q: What do you call two banana peels?

A: A pair of slippers!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Put them together and they add up to FUN!

Last day of classes: Friday, April 20

Classes resume: Monday, April 30

Monday, April 30
Breakfast Bagel or Cereal Fruit or Juice, Milk Choice
Lunch Crunchy Pork Taco / Fixins Or Sunbutter & Jelly WG Rice Corn Choice of Fruit Choice of Milk