		Epping Elementary School Menu Aug/Sept				rev.08/10/23
	T - BREAKFAST - BREAKF				KFAST - BREAKFAST - BREAKFAST - BRI	70
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	9~
	bagel 🧩	breakfast roll	waffles	biscuit & jelly	pancake pup	TIDDIALO
	-or - cereal bowl & side 🌿	-or - cereal bowl & side 🌿	-or - cereal bowl & side 🌿	-or - cereal bowl & side 🌿	-or - cereal bowl & side 🌿	FOOD SERVICE
	fruit/juice	fruit/juice	fruit/juice	fruit/juice	fruit/juice	 Control Text and an ACCEPT Instantial System (Control of System)
	bfast sandw	viches daily - vegetarian entrees av	ailable! - ask about gluten-free or d	lairy-free options - extra entrees or	nly \$1.50	
						ALSO AVAILABLE DAILY:
	28	29	30	31	1	Bistro Box combo meals 🍕
	Welcome	Mac & Cheese 🔺 🥓	Pizza Wedge 🛛 🕂 🖉	Chicken Tenders, 🛶🜌	No school	Grilled Cheese 🛛 🤌 🕺 🕺
k 1	Back!		cheese or pepperoni	with dipping sauces		Sunbutter & Jelly 🧩
Week	22	golden corn 🛛 📩	romaine salad 🛛 🔶	augratin potato 🛛 🕁		
	199	fruit smoothie 🛛 🔶	fruit cup 🛛 📩	fruit parfait 🕇		
	كذبب. ب					
	4	5	6	7	8	
	Labor	Soft Taco Bowl	Pizza Wedge 👈 🖉 🖄	Brunch Bunch! 🔺	Grill Cheese & Soup! 🛧	"Take 5" to make it a meal
k 2	Labor	🌿 💋 🐂 🧖	cheese or pepperoni	French Toast sticks & sausage	\star	meats &
Week 2	Day	Cuban black beans ү 🔶 📩	romaine salad 🛛 🗙 🗫	hasbrown		meat-alternatives
ſ	no school	fruit smoothie 🕇 🕺	fruit cup 🗡 🏹	fruit parfait 🛛 🗡	fruit cup 🔶 📩	whole grains & breads
	no school		<u>1</u>			*
	11	12	13	14	15	fruits & vegetables
	Chicken Penne	Nachos 📩	Pizza Wedge 🔸 🕬	Bosco Stix 🖉	Chicken Tenders 🛶 🖉	choice of milk
ņ	with garlic bread	avail. vegetarian	cheese or pepperoni	cheesy breadstick & parinara	with dipping sauces	Choose Three, Four
Veek	broccoli florets	charro beans	broccoli florets	smiley fries	baby carrots	even <i>Five</i> differently
>	fruit cup	fruit smoothie	fruit cup	fruit cup	fruit parfait	colored stars for a meal
			nuit cup			coloreu stars for a mean
	18	19	20	21	22	but you must take a fruit or
	Lasagna Roll	Mac & Cheese	Pizza Wedge 🔬 🖄	Hot Diggity Dog	Burger 🍠 🎉	veg!
-			cheese or pepperoni		available without cheese	ALLERGEN KEY
Veek	broccoli florets	golden corn 🛛 🛧	romaine salad	baked beans 🛛 🔶	sweet potato fries \checkmark	contains Pork
>	fruit cup	fruit smoothie	fruit cup	fruit parfait *	fruit cup	Gluten-free avail.
						Vegetarian avail
	25	26	27	28	20	@EppingFNS
	25 Bowtie Meatballs	26 Soft Taco Bowl	27 Pizza Wedge ★ 🏸 答		29	
2	& garlic breadstick			Brunch Bunch!	Teacher	Follow us on Facebook for news and events, or to give feedback.
/eek	↓	Cohan blad barns 🕹	cheese or pepperoni	French Toast sticks & sausage		
3	broccoli florets	Cuban black beans	romaine salad	hasbrown	Workday	We look forward to serving you!
	fruit cup 📉	fruit smoothie	fruit cup 📃	fruit parfait 🛛 📉	no school	

Please preorder for any allergy concerns

PreK options: Daily snacks \$1.50, includes milk & fruit, 102 protein, or 102 grain Please preorder for PreK Meals available according to Elementary Menus. Please coordinate with your PreK teacher for preorders

Daily fresh/dried fruits; apple, orange, banana, melon, berry, raisin. Daily fresh veggie cups might include carrot, cucumber, green bean, tomato. Each week we offer a mix of vegetables that include all subgroups, like dark green, red-orange, starchy, bean & pea, and more. All meals served with a choice of 1% white or fat-free chocolate milk.

Epping Food Services reserve the right to change this menu as necessary. Shortages in distribution and production are leading to many ingredients becoming unavailable

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Contact Epping's food service director and exec. chef Moss Crutchfield regarding menu details, special dietary needs, and allergy policies: 603-679-5472 x6