"Take 5" to make it a lunch meal 🙉

meats & meat-alternatives who whole grains & breads

Aug/Sept '23

Choose Three, Four... even Five differently colored stars for a meal ~ but you must take a fruit or veg!



Epping Middle High School Menu



Fresh, prepared, and dried fruits and fresh veggies offered daily on our customizable toppings bar. 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 choc milk.



Visit our SAU14 webpage to learn more about federal meal assistance. Free & Reduced Meal forms are important! These inform many of our other services, like tutoring and other school funding. Ask us for a paper form or go to our Family Portal with Linq to quickly and securely apply for meal benefits!

Contact Epping's food service director and exec. chef Moss Crutchfield regarding menu details, special dietary needs, and allergy policies: 603-679-2544 x4167

Second/Paid Lunch Meal \$3.50

Extra Lunch Entrée \$2.50

Extra Sides \$0.75

Alacartes Available \$0.50 to \$2

ice cream, drinks, chips, & more

ALLERGEN KEY

contains Pork

Gluten-free avail.

Shortages in distribution and production are leading to many ingredients becoming unavailable. We will endeavor to make substitutes that still fit within student and parent expectations but please note Epping Food & Nutrition Services reserves the right to change this menu as necessary.

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