BREAKFAST! bfast sandwiches daily - vegetarian entrees available! - ask about gluten-free or dairy-free options - extra entrees only $\$ 1.50$


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 $\times 4167$
@EppingFNS

ALLERGEN KEY
Extra Lunch Entrée \$2.50
Extra Sides $\$ 0.75$
Alacartes Available \$0.50 to \$2

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.
In accordance with Federal law and U.S. Department of Agriculture policy, Epping School District SAU14 does not discriminate on the basis of race, color, religion, national origin, marital status, disability, sexual orientation, gender identity, age or legally-protected characteristics in its educational programs and activities. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 202509410 or call (800)795-3272 or (202) 720-6382 (TTY). The USDA is an equal opportunity provider and employer.

