| MONDAY | TUESDAY | WPDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: |
| bagel＊ | breakfast roll | waffles | MiniPancakes | pancake pup ${ }^{\text {mem }}$ |
| －or－cereal bowl \＆side 㱓 fruit／juice | －or－cereal bowl \＆side 略 fruit／juice | －or－cereal bowl \＆side 潋 fruit／juice | －or－cereal bowl \＆side \％ fruit／juice | －or－cereal bowl \＆side 然 fruit／juice |
| bfast sandwiches daily－vegetarian entrees available！－ask about gluten－free or dairy－free options－extra entrees only \＄1．50 |  |  |  |  |


| 2 | 3 | 4 | 5 | 6 |
| :---: | :---: | :---: | :---: | :---: |
| Chicken Penne with garlic breadfruit cup | Nachos <br> avail．vegetarian <br> charro beans <br> fruit smoothie | Pizza Wedge <br> cheese or pepperoni <br> romaine salad <br> fruit cup | Bosco Stix <br> cheesy breadstick smiley fries fruit cup | Chicken Tenders <br> with dipping sauces <br> baby carrots <br> fruit parfait |
|  | FFVP：Apples |  | FFVP：Cantaloupe |  |
| 9 | 10 | 11 | 12 | 13 |
| No school | Mac \＆Cheese <br> oven fries fruit smoothie | Pizza Wedge <br> cheese or pepperoni <br> romaine salad <br> fruit cup | Hot Diggity Dog <br> baked beans fruit parfait | Burger <br> available without cheese sweet potato fries fruit cup |
|  | FFVP：Kiwi |  | FFVP：Plum |  |
| 16 | 17 | 18 | 19 | 20 |
| Bowtie Meatballs <br> N \＆garlic breadstick broccoli florets fruit cup | Soft Taco Bowl | Pizza Wedge <br> cheese or pepperoni romaine salad fruit cup | Brunch Bunch！ <br> French Toast sticks \＆sausage <br> hasbrown <br> fruit parfait | Grill Cheese \＆Soup！ |
|  | fruit smoothie |  |  | fruit cup |
|  | FFVP：Dragonfruit |  | FFVP：Starfruit |  |
| 23 | 24 | 25 | 26 | 27 |
| Chicken Penne with garlic breadfruit cup | Nachos <br> avail．vegetarian charro beans fruit smoothie | Pizza Wedge <br> cheese or pepperoni <br> romaine salad fruit cup | Bosco Stix <br> cheesy breadstick \＆．Marinara <br> smiley fries <br> fruit cup | Chicken Tenders <br> with dipping sauces <br> baby carrots <br> fruit parfait |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  | FFVP：Mango |  | FFVP：Carrots |  |
| 30 | 31 | 1 | 2 | 3 |
| Chicken Potstickers | m＇Ack \＆Sneeze | Pizza Wedge <br> cheese or pepperoni <br> romaine salad <br> fruit cup | Hot Diggity Dog <br> baked beans <br> fruit parfait | Burger <br> available without cheese sweet potato fries fruit cup |
| \＆broccoliflorets |  |  |  |  |
|  | oven fries |  |  |  |
|  | fruit smoooooothie |  |  |  |
|  | FFVP：Citrus |  | FFVP：Melon |  |
| PreK options：Daily snacks \＄1．50，includes milk \＆fruit， 102 protein，or $10 z$ grain |  |  | Please preorder for any allergy concerns |  |

ALSO AVAILABLE DAILY：
Bistro Box combo meals Grilled Cheese 㧘 Sunbutter \＆Jelly 舲
"Take 5" to make it a meal

Choose Three，Four．．． even Five differently colored stars for a meal
but you must take a fruit or veg！
ALLERGEN KEY
contains Pork m
Gluten－free avail．些
Vegetarian avail

## f＠EppingFNS

Follow us on Facebook for news and events，or to give feedback．
We look forward to serving you：

## 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

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．20250－9410 or call（800）795－3272 or（202）720－6382（TTY）．The USDA is an equal opportunity provider and employer．

