

Epping PreK School Menu & ordering guide

October 2023

rev.09/29/23

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
A	bagel 🍞	A	breakfast roll	A	waffles	A	MiniPancakes	A	pancake pup 🍌
B	-or - cereal bowl & side 🍌	B	-or - cereal bowl & side 🍌	B	-or - cereal bowl & side 🍌	B	-or - cereal bowl & side 🍌	B	-or - cereal bowl & side 🍌
	fruit/juice		fruit/juice		fruit/juice		fruit/juice		fruit/juice
C	Snack \$1.50	C	Snack \$1.50	C	Snack \$1.50	C	Snack \$1.50	C	Snack \$1.50
2		3		4		5		6	
A	Chicken Penne 🌿	A	Nachos	A	Pizza Wedge 🌿🍌	A	Bosco Stix 🌿	A	Chicken Tenders 🌿
	broccoli florets		charro beans		broccoli florets		smiley fries		baby carrots
	fruit cup		fruit smoothie		fruit cup		fruit cup		fruit parfait
B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B	Bistro Pack
C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly
D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50
9		10		11		12		13	
A	Sausage Roll 🌿	A	Mac & Cheese 🍌🌿	A	Pizza Wedge 🌿🍌	A	Hot Diggity Dog 🌿	A	Burger 🌿🍌
	broccoli florets		baked beans		romaine salad		baked beans		sweet potato fries
	fruit cup		fruit smoothie		fruit cup		fruit parfait		fruit cup
B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B	Bistro Pack
C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly
D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50
16		17		18		19		20	
A	Bowtie Meatballs	A	Soft Taco Bowl 🌿🍌	A	Pizza Wedge 🌿🍌	A	Brunch Bunch!	A	Grill Cheese & Soup!
	broccoli florets		Cuban black beans		romaine salad		hasbrown		fruit cup
	fruit cup		fruit smoothie		fruit cup		fruit parfait		fruit cup
B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B	Bistro Pack
C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly
D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50
23		24		25		26		27	
A	Chicken Penne 🌿	A	Nachos	A	Pizza Wedge 🌿🍌	A	Bosco Stix 🌿	A	Chicken Tenders 🌿
	broccoli florets		charro beans		broccoli florets		smiley fries		baby carrots
	fruit cup		fruit smoothie		fruit cup		fruit cup		fruit parfait
B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B	Bistro Pack
C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly
D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50
30		31		1		2		3	
A	Chicken Potstickers	A	m'Ack & Sneeze 🍌🎃	A	Pizza Wedge 🌿🍌	A	Hot Diggity Dog 🌿	A	Burger 🌿🍌
	broccoli florets		oven fries		romaine salad		baked beans		sweet potato fries
	fruit cup		fruit smoothie		fruit cup		fruit parfait		fruit cup
B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B	Bistro Pack
C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly
D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50	D	Snack \$1.50



ALSO AVAILABLE DAILY:
 Bistro Box combo meals 🌿🍌
 Sunbutter & Jelly 🍌
 Snack 🍌
 (Lighter version of the Bistro)

"Take 5" to make it a meal

- ★ meats & meat-alternatives
- ★ whole grains & breads
- ★ fruits & vegetables
- ★ choice of milk

Choose Three, Four... even Five differently colored stars for a meal

but you must take a fruit or veg!

ALLERGEN KEY

- contains Pork 🍖
- Gluten-free avail. 🌾
- Vegetarian avail 🌿

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Follow us on Facebook for news and events, or to give feedback.

We look forward to serving you!

PreK options: Daily snacks \$1.50, includes milk & fruit, 10z protein, or 10z grain
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.

Please preorder for any allergy concerns

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Epping Food Services reserve the right to change this menu as necessary. Shortages in distribution and production are leading to many ingredients becoming unavailable
Contact Epping's food service director and exec. chef Moss Crutchfield regarding menu details, special dietary needs, and allergy policies: 603-679-2544 x4167