



"Take 5" to make it a lunch meal

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

meats & meat-alternatives who whole grains & breads

fruits & vegetables choice of milk

October 2023

rev.10/12/23

Epping Middle High School Menu

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	bagel or cereal fruit/juice	breakfast roll or cereal fruit/juice	waffles or cereal fruit/juice	bfast pizza or cereal fruit/juice	pancake pup or cereal fruit/juice
	INCH - LUNCH				
	2 Chicken Alfredo with garlic bread broccoli florets fresh & prepared fruits	3 General Tso Chicken Rice & Chicken Potstickers edamame fresh & prepared fruits	4 Chicken Jambalaya Nawlins rice dish roasted veg medley fresh & prepared fruits	5 Bosco Stix cheesy breadstick & marinara oven fries fresh & prepared fruits	6 Chicken & Waffles avail. vegetarian sweet potato fries fresh & prepared fruits
	CustoBar: Tater Up • Baked potato, french fries, and more with toppings like nacho cheese, brown gravy poutine, grilled chicken				
	9 No School!	10 Quesadilla Chicken or Cheese black beans fresh & prepared fruits	11 Mac & Cheese caesar side salad fresh & prepared fruits	12 Hot Dog chili/cheese/classic sweet potato frizzles fresh & prepared fruits	13 Chimichurri Beef quinoa-rice blend yucca fries fresh & prepared fruits
	CustoBar: Tex Mex! Daily nachos, tacos and toppings: nacho cheese, pico de gallo, shredded lettuce, and more!				
	16 American Chop Suey with garlic bread roll caesar side salad fresh & prepared fruits	17 Enchiladas cheese beef chicken mexi corn fresh & prepared fruit	18 Korean Meatballs & sticky rice broccoli florets fresh & prepared fruits	19 Brunch Bunch FTS & sausage hashbrowns fresh & prepared fruits	20 Souppen Sohndvich Soup & Sandwich of the Day fresh & prepared fruits
	CustoBar: Sammich • Cold cut sandwiches with your choice of fixin's: lettuce, tomato, pickles, onions, pickled onions, and more				
	23 Chicken Alfredo with garlic bread broccoli florets fresh & prepared fruits	24 General Tso Chicken Rice & Chicken Potstickers edamame fresh & prepared fruits	25 Chicken Jambalaya Nawlins rice dish roasted veg medley fresh & prepared fruits	26 Bosco Stix cheesy breadstick & marinara oven fries fresh & prepared fruits	27 Chicken & Waffles avail. vegetarian sweet potato fries fresh & prepared fruits
	CustoBar: Tater Up • Baked potato, french fries, and more with toppings like nacho cheese, brown gravy poutine, grilled chicken				
	30 Lasagna Roll garlic breadstick broccoli florets fresh & prepared fruits	31 Quesadilla Chicken or Cheese black beans fresh & prepared fruits	1 Mac & Cheese caesar side salad fresh & prepared fruits	2 Hot Dog chili/cheese/classic sweet potato frizzles fresh & prepared fruits	3 Chimichurri Beef quinoa-rice blend yucca fries fresh & prepared fruits
	CustoBar: Tex Mex! Daily nachos, tacos and toppings: nacho cheese, pico de gallo, shredded lettuce, and more!				

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

@EppingFNS



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.



Vegetarian avail

