| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: |
| bagel | breakfast roll | waffles | MiniPancakes | pancake pup ${ }^{\text {mex }}$ |
| －or－cereal bowl \＆side 然 fruit／juice | －or－cereal bowl \＆side 些 fruit／juice | －or－cereal bowl \＆side 器 fruit／juice | －or－cereal bowl \＆side 器 fruit／juice | －or－cereal bowl \＆side 器 fruit／juice |

## LINe Connect <br> ONLINE PORTAL



| 14 |  |
| :---: | :---: |
| Nachos | \％ |

avail．vegetarian
charro beans
fruit smoothie


## 1

cheese or pepperoni
romaine salad

8
cheese or pepperoni


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．

Bistro Box combo meals， Grilled Cheese 炩
Sunbutter \＆Jelly 畧


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

Contact Epping＇s food service director and exec．chef Moss Crutchfield regarding menu details，special dietary needs，and allergy policies：603－679－5472 $\times 6$

