# Epping PreK School Menu & ordering guide

**October 2023**

rev.10/18/23

AST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREA

| | 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 |

CH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUN

LINQ Connect ONLINE PORTAL

Connect to your child's account to add funds, see purchases, and enable purchasing restrictions. Visit LinqConnect.com for more info or see our FNS page at SAU14.org

| | 1 | 2 | 3 |
|---|---|---|---|
| A | Cheese Pizza | Hot Diggity Dog | Burger |
| | romaine salad | baked beans | sweet potato fries |
| | fruit cup | fruit parfait | fruit cup |
| B | Bistro Pack | Bistro Pack | Bistro Pack |
| C | Sunbutter & Jelly | Sunbutter & Jelly | Sunbutter & Jelly |
| D | Snack $1.50 | Snack $1.50 | Snack $1.50 |

| | 6 | | 7 | | 8 | | 9 | | 10 |
|---|---|---|---|---|---|---|---|---|---|
| A | Bowtie Meatballs | A | Soft Taco Bowl | A | Cheese Pizza | A | Brunch Bunch! | A | Grill Cheese & Soup! |
| | broccoli florets | | Cuban black beans | | romaine salad | | hasbrown | | |
| | 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 |

| | 13 | | 14 | | 15 | | 16 | | 17 |
|---|---|---|---|---|---|---|---|---|---|
| A | Chicken Penne | A | Nachos | A | Cheese Pizza | 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 |

| | 20 | | 21 | | 1 | | 2 | | 3 |
|---|---|---|---|---|---|---|---|---|---|
| A | Chicken Potstickers | A | m'Ack & *Sneeze* | A | Cheese Pizza | 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 |

**PreK options: Daily snacks $1.50, includes milk & fruit, 1oz protein, or 1oz grain**

@EppingFNS

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

We look forward to serving you!

EPPING FOOD SERVICE

**ALSO AVAILABLE DAILY:**

Bistro Box combo meals

Sunbutter & Jelly

Snack

(Lighter version of the Bistro)

**ALLERGEN KEY**

contains Pork

Gluten-free avail.

Vegetarian avail

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**

**"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!**

***Please preorder for any allergy concerns***

## HOW TO USE THIS SHEET

**Your preschool teachers preorder meals for your student up to a month in advance. If you plan to make use of Food & Nutrition services. Circle the meal option (A,B,C,D) you would like to have prepared and return to your preschool teacher.**

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.

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