"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

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 | breakfast roll or cereal | waffles or cereal | bfast pizza or cereal | pancake pup or cereal |
| fruit/juice | fruit/juice | fruit/juice | fruit/juice | fruit/juice |

$\square$

| 1 Mac \& Cheese | 2 Hot Dog | 3 Chimichurri Beef |
| :---: | :---: | :---: |
| caesar side salad fresh \& prepared fruits | chili/cheese/classic <br> sweet potato frizzles fresh \& prepared fruits | quinoa-rice blend yucca fries fresh \& prepared fruits |

$\star \quad$ fresh \& prepared fruits

weekly menus!
CustoBar: Tex Mex!
Nachos or tacos
CustoBar: Sandwiches!
Steak Bomb \& GF Egg Salad
CustoBar: Tater Up
Baked potato, french fries
Spinach Salad
CranAppleChicken Salad
CustoBar: Tex Mex Bistro
Nachos or tacos

| CranAppleChicken Salad | Uber Bistro |
| :---: | :---: |
| Chicken Caesar Salad | Benefit Bistro |

CustoBar: Sandwiches!
Chicken Parm Sub \& GF Egg Salad

| caesar side salad fresh \& prepared fruits | mexi corn <br> fresh \& prepared fruit | broccoli florets fresh \& prepared fruits | hashbrowns fresh \& prepared fruits | Campbell's Tomato fresh \& prepared fruits |
| :---: | :---: | :---: | :---: | :---: |

[^0]Contact Epping's food service director and exec. chef Moss Crutchfield regarding menu details, special dietary needs, and allergy policies: 603 679-2544 $\times 4167$. Full nutrition info \& images available on LinqConnect.com


[^0]:    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.

