"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!

fruit/iuice

TUESDAY

breakfast roll or cereal



choice of milk fruits & vegetables

November 2023

FRIDAY

pancake pup or cereal

Epping Middle High School Menu

fruit/iuice

rev.10/25/2

ALLERGEN KEY

contains Pork Gluten-free avail Vegetarian avail

Second/Paid Lunch Meal \$3.50

Extra Sides \$0.75

Alacartes Available \$0.50 to \$2

Extra Lunch Entrée \$2.50

VCH - LUNCH -

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

WEDNESDAY

WEEKLY MENUS!



1 Mac & Cheese

waffles or cereal

fruit/iuice

2 Hot Dog chili/cheese/classic

THURSDAY

bfast pizza or cereal

fruit/iuice

sweet potato frizzles 🛨

yucca fries 🗼

CustoBar: Tex Mex! Nachos or tacos

fresh & prepared fruits

caesar side salad 🔸

fresh & prepared fruits

fresh & prepared fruits

No School!

Veteran's Day

3 Chimichurri Beef

quinoa-rice blend

Chop Salad

Chef Salad

Uber Bistro Benefit Bistro

6 American Chop Suey 📈

MONDAY

bagel or cereal

fruit/iuice

with garlic bread roll caesar side salad fresh & prepared fruits

No School! Student-Led **Conferences**

8 Korean Meatballs 9 Veteran's Day Meal & sticky rice

broccoli florets __ fresh & prepared fruits

15 Chicken Jambalay

Pot Roast & Mash veggie medley 🗼

Apple Crumble alaMode

CustoBar: Sandwiches! Steak Bomb & GF Egg Salad



Chop Salad

Benefit Bistro

Spinach Salad **Muffin Bistro**

13 Chicken Alfredo

fresh & prepared fruits

with garlic bread

Rice & Chicken Potstickers edamame

14 General Tso Chicken

fresh & prepared fruits

Nawlins rice dish roasted veg medley 🖈 fresh & prepared fruits

FALL FEAST Turkey & gravy

mashed potato & dressing green bean casserole

avail. vegetarian

17 Chicken & Waffles

sweet potato fries 🛶 fresh & prepared fruits

CustoBar: Tater Up Baked potato, french fries



Spinach Salad

Muffin Bistro

CranAppleChicken Salad **Uber Bistro**

20 Lasagna Roll

broccoli florets 🖈

fresh & prepared fruits

fresh & prepared fruits

broccoli florets 🔭

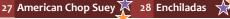
21 Ouesadilla TO TO garlic breadstick Chicken or Cheese

black beans fresh & prepared fruits

CranAppleChicken Salad **Uber Bistro**



Chicken Caesar Salad **Benefit Bistro**



with garlic bread roll cheese beef chicken caesar side salad

mexi corn fresh & prepared fruit __

29 Korean Meatballs 💥 30 Brunch Bunch

broccoli florets fresh & prepared fruits

& sticky rice FTS & sausage

fruit cobbler

hashbrowns

fresh & prepared fruits

1 SouppenSohndvich 🧏

Grilled Cheese & Campbell's Tomato*

fresh & prepared fruits

CustoBar: Sandwiches! Chicken Parm Sub & GF Egg Salad

CustoBar: Tex Mex! Nachos or tacos



Chop Salad

Benefit Bistro

Spinach Salad

Muffin Bistro

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.

Contact Epping's food service director and exec. chef Moss Crutchfield regarding menu details, special dietary needs, and allergy policies: 603-679-2544 x4167. Full nutrition info & images available on LingConnect.com