

Epping PreK School Menu & ordering guide

December 2023

rev.11/28/23

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
4		5		6		7		8	
A	Chicken Penne broccoli florets fruit cup	A	Nachos charro beans fruit smoothie	A	Cheese Pizza broccoli florets fruit cup	A	Bosco Stix marinara cup fruit cup	A	Chicken Tenders baby carrots 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
11		12		13		14		15	
A	Chicken Potstickers broccoli florets fruit cup	A	Mac & Cheese sweet potato fries fruit smoothie	A	Cheese Pizza romaine salad fruit cup	A	Hot Diggity Dog baked beans fruit parfait	A	Burger sweet potato fries 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
18		19		20		21		22	
A	Bowtie Meatballs broccoli florets fruit cup	A	Soft Taco Bowl Cuban black beans fruit smoothie	A	Cheese Pizza romaine salad fruit cup	A	Brunch Bunch! hasbrowm fruit parfait	A	Grill Cheese & Soup! 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



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

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

We look forward to serving you!



ALSO AVAILABLE DAILY:

Bistro Box combo meals 🍌🍩

Sunbutter & Jelly 🍌🍩

Snack 🍌🍩

(Lighter version of the Bistro)

ALLERGEN KEY

contains Pork 🐷

Gluten-free avail. 🌾

Vegetarian avail. 🌱

"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.

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