

"Take 5" for a complete lunch!
 At least three components make a meal
 meats & meat-alternatives
 whole grains & breads
 fruits & vegetables (must take one!)
 choice of milk



Epping Middle High School Menu

Second/Paid Lunch Meal \$3.50
 Extra Lunch Entrée \$2.50
 Extra Sides \$0.75
 Alacartes Available \$0.50 to \$2

ALLERGEN KEY

contains **Pork**
 Gluten-free avail.
 Vegetarian avail

December 2023



BFAST - BFAST -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
bagel fruit/juice	breakfast roll fruit/juice	waffles fruit/juice	bfast pizza fruit/juice	pancake pup fruit/juice

Available Daily: Cereal bowl, large muffin or breakfast bar, egg & cheese bagel, or a sausage & cheese biscuit

JNCH - LUNCH -

	4 Chicken Alfredo	5 General Tso Chicken	6 Breaded Chicken Sando	7 Bosco Stix	8 Chicken & Waffles
Week 3	with garlic knot broccoli florets fresh & prepared fruits	Rice & Chicken Potstickers edamame fresh & prepared fruits	regular or spicy oven fries fresh & prepared fruits	cheesy breadstick & marinara roasted vegetable fresh & prepared fruits	avail. vegetarian sweet potato fries fresh & prepared fruits
Week 1	with garlic bread caesar side salad fresh & prepared fruits	Chicken or Cheese black beans fresh & prepared fruits	caesar side salad fresh & prepared fruits	chili/cheese/classic sweet potato frizzles fresh & prepared fruits	bacon-chicken-ranch spiced fries fresh & prepared fruits
Week 2	with or without cheese charro beans fresh & prepared fruits	beef, chicken, or bean mexi corn fresh & prepared fruit	& sticky rice broccoli florets fresh & prepared fruits	French Toast & sausage hashbrowns fresh & prepared fruits	Grilled Cheese & Campbell's Tomato fresh & prepared fruits
	11 American Chop Suey	12 Quesadilla	13 Mac & Cheese	14 Hot Dog	15 BCR Pizza
	18 Hamburger	19 Soft Taco Bowl	20 Korean Meatballs	21 Brunch Bunch	22 Soup'n Sammy

WINTER HOLIDAY BREAK - DECEMBER 25th - 29th

WEEKLY MENUS! Customizable meals and garden salads with out many delicious toppings

CustoBar: Build-your-Own Pasta Station!	CustoBar: Tater Up Baked potato, french fries	CustoBar: Tex Mex! Nachos or tacos
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Grab one of our base meals, like baked potato, THEN ... add toppings like diced tomato, pickled onion, and chipotle ranch to make it your own! Never the same meal twice!

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