

Epping Elementary School Menu

January 2024

rev.12/28/23

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
bagel 🌾	breakfast roll	waffles	MiniPancakes	pancake pup 🐶
-or - cereal bowl & side 🌾	-or - cereal bowl & side 🌾	-or - cereal bowl & side 🌾	-or - cereal bowl & side 🌾	-or - cereal bowl & side 🌾
fruit/juice	fruit/juice	fruit/juice	fruit/juice	fruit/juice

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

- LUNCH - L

2 Nachos ⭐⭐ avail. vegetarian charro beans ⭐ fruit smoothie ⭐ FFVP: Baby Carrot	3 Pizza Wedge ⭐⭐ cheese or pepperoni romaine salad ⭐ fruit cup ⭐	4 Bosco Stix ⭐ cheese-filled breadstick marinara cup ⭐ fruit cup ⭐ FFVP: Fennel	5 Chicken Tenders ⭐ with dipping sauces oven fries ⭐ fruit parfait ⭐
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8 Chicken Potstickers ⭐ & fortune cookie! broccoli florets ⭐ fruit cup ⭐	9 Mac & Cheese ⭐ sunshine carrots ⭐ fruit smoothie ⭐ FFVP: Honeydew	10 Pizza Wedge ⭐ cheese or pepperoni romaine salad ⭐ fruit cup ⭐	11 Hot Diggity Dog ⭐ baked beans ⭐ fruit parfait ⭐ FFVP: Jicama	12 Burger ⭐ available without cheese oven fries ⭐ fruit cup ⭐
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15 MLK Day 	16 Teacher Workday	17 Pizza Wedge ⭐ cheese or pepperoni romaine salad ⭐ fruit cup ⭐	18 Brunch Bunch! ⭐ French Toast sticks & sausage hasbrown ⭐ fruit parfait ⭐ FFVP: Beets	19 Grill Cheese & Soup! ⭐ warm cheese sandwich ⭐ classic tomato soup ⭐ fruit cup ⭐
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22 Chicken Penne ⭐ with garlic bread broccoli florets ⭐ fruit cup ⭐	23 Nachos ⭐ avail. vegetarian charro beans ⭐ fruit smoothie ⭐ FFVP: Grape tomato	24 Pizza Wedge ⭐ cheese or pepperoni romaine salad ⭐ fruit cup ⭐	25 Bosco Stix ⭐ cheese-filled breadstick marinara cup ⭐ fruit cup ⭐ FFVP: Quince	26 Chicken Tenders ⭐ with dipping sauces oven fries ⭐ fruit parfait ⭐
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29 Chicken Potstickers ⭐ & fortune cookie! broccoli florets ⭐ fruit cup ⭐	30 Mac & Cheese ⭐ sunshine carrots ⭐ fruit smoothie ⭐ FFVP: Figs	31 Pizza Wedge ⭐ cheese or pepperoni romaine salad ⭐ fruit cup ⭐		
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ALSO AVAILABLE DAILY:

- Bistro Box combo meals 🌿
- Grilled Cheese 🌾
- Sunbutter & Jelly 🌾

"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!

ALLERGEN KEY

- contains Pork 🐷
- Gluten-free avail. 🌾
- Vegetarian avail. 🌿

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

We look forward to serving you!

Please preorder for any allergy concerns

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.

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: 603-679-5472 x6

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