Epping PreK School Menu & ordering guide

January 2024

rev.12/28/23

T - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BR

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
A	bagel	A	breakfast roll	A	waffles	A	MiniPancakes	A
B	-or - cereal bowl & side	B	-or - cereal bowl & side	B	-or - cereal bowl & side	B	-or - cereal bowl & side	B
	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

CH - LUN

			2		3		4	
		A	Nachos	A	Cheese Pizza	A	Bosco Stix	A
			charro beans		broccoli florets		marinara cup	
			fruit smoothie		fruit cup		fruit cup	
		B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B
		C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C
		D	Snack $1.50	D	Snack $1.50	D	Snack $1.50	D
	8		9		10		11	
A	Chicken Potstickers	A	Mac & Cheese	A	Cheese Pizza	A	Hot Diggity Dog	A
	broccoli florets		sweet potato fries		romaine salad		baked beans	
	fruit cup		fruit smoothie		fruit cup		fruit parfait	
B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B
C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C
D	Snack $1.50	D	Snack $1.50	D	Snack $1.50	D	Snack $1.50	D
	15		16		17		18	
	MLK Day		Teacher Workday	A	Cheese Pizza	A	Brunch Bunch!	A
					romaine salad		hasbrown	
					fruit cup		fruit parfait	
				B	Bistro Pack	B	Bistro Pack	B
				C	Sunbutter & Jelly	C	Sunbutter & Jelly	C
				D	Snack $1.50	D	Snack $1.50	D
	22		23		24		25	
A	Chicken Penne	A	Nachos	A	Cheese Pizza	A	Bosco Stix	A
	broccoli florets		charro beans		broccoli florets		marinara cup	
	fruit cup		fruit smoothie		fruit cup		fruit cup	
B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B
C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C
D	Snack $1.50	D	Snack $1.50	D	Snack $1.50	D	Snack $1.50	D
	29		30		31		32	
A	Chicken Potstickers	A	Mac & Cheese	A	Cheese Pizza	A	Hot Diggity Dog	A
	broccoli florets		sweet potato fries		romaine salad		baked beans	
	fruit cup		fruit smoothie		fruit cup		fruit parfait	
B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B	Bistro Pack	B
C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C	Sunbutter & Jelly	C
D	Snack $1.50	D	Snack $1.50	D	Snack $1.50	D	Snack $1.50	D

LINQ Connect ONLINE PORTAL

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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@EppingFNS

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

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: 603-679-2544 x4167

"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