

"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



January 2024

BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - BFAST - 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

LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH - LUNCH -

	2 General Tso Chicken	3 Breaded Chicken Sando	4 Bosco Stix	5 Chicken & Waffles	
Week 3	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	8 American Chop Suey with garlic bread caesar side salad fresh & prepared fruits	9 Quesadilla Chicken or Cheese black beans fresh & prepared fruits	10 Mac & Cheese with BBQ pulled pork roasted broccoli florets fresh & prepared fruits	11 Hot Dog chili/cheese/classic sweet potato frizzles fresh & prepared fruits	12 BCR Pizza bacon-chicken-ranch spiced fries fresh & prepared fruits
Week 2	15 MLK Day 	16 Teacher Workday	17 Korean Meatballs & sticky rice broccoli florets fresh & prepared fruits	18 Brunch Bunch French Toast & sausage hashbrowns fresh & prepared fruits	19 Soup'n Sammy Grilled Cheese & Campbell's Tomato fresh & prepared fruits
Week 3	22 Chicken Alfredo with garlic knot broccoli florets fresh & prepared fruits	23 General Tso Chicken Rice & Chicken Potstickers edamame fresh & prepared fruits	24 Breaded Chicken Sando regular or spicy oven fries fresh & prepared fruits	25 Bosco Stix cheesy breadstick & marinara roasted vegetable fresh & prepared fruits	26 Chicken & Waffles avail. vegetarian sweet potato fries fresh & prepared fruits
Week 1	29 American Chop Suey with garlic bread caesar side salad fresh & prepared fruits	30 Quesadilla Chicken or Cheese black beans fresh & prepared fruits	31 Mac & Cheese caesar side salad fresh & prepared fruits		

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

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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