

"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

February 2024

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

rev.01/24/24

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 -

3 Week 1		Add account funds	1 Hot Dog	2 BCR Pizza
		Check menus and offerings See allergen information Set spending limits	chili/cheese/classic sweet potato frizzles fresh & prepared fruits	bacon-chicken-ranch spiced fries fresh & prepared fruits

5 Week 2	Hamburger with or without cheese charro beans fresh & prepared fruits	6 Soft Taco Bowl beef, chicken, or bean mexi corn fresh & prepared fruit	7 Korean Meatballs & sticky rice broccoli florets fresh & prepared fruits	8 Brunch Bunch French Toast & sausage hashbrowns fresh & prepared fruits	9 Soup'n Sammy Grilled Cheese & Campbell's Tomato fresh & prepared fruits
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12 Week 3	Chicken Alfredo with garlic knot broccoli florets fresh & prepared fruits	13 General Tso Chicken Rice & Chicken Potstickers edamame fresh & prepared fruits	14 Breaded Chicken Sando regular or spicy oven fries fresh & prepared fruits	15 Bosco Stix cheesy breadstick & marinara roasted vegetable fresh & prepared fruits	16 Chicken & Waffles avail. vegetarian sweet potato fries fresh & prepared fruits
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19 Week 1	American Chop Suey with garlic bread caesar side salad fresh & prepared fruits	20 Quesadilla Chicken or Cheese black beans fresh & prepared fruits	21 Mac & Cheese with BBQ pulled pork roasted broccoli florets fresh & prepared fruits	22 Hot Dog chili/cheese/classic sweet potato frizzles fresh & prepared fruits	Teacher Work Day
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Winter Break

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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