Epping Elementary School Menu

March 2024

rev.03/10/24

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
bagel	breakfast roll	mini pancakes	waffles	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 - LU

We hope you're enjoying our services!

Negative balances affect all of us. Visit our family portal to make payments on your students' accounts.

Change in finances? We accept meal assistance forms all year long!

See our department page at SAU14.org for more info

LINQ Connect ONLINE PORTAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1					
Week 2	4 **Bowtie Meatballs** & garlic breadstick broccoli florets fruit cup	5 **Soft Taco Bowl** Cuban black beans fruit smoothie FFVP: Cauliflower	6 **Pizza Wedge** cheese or pepperoni romaine salad fruit cup	7 **Brunch Bunch!** French Toast sticks & sausage hasbrown fruit parfait FFVP: Zucchini	8 **Chicken Sandwich** sweet potato fries fruit cup
Week 3	11 **Chicken Penne** with garlic bread broccoli florets fruit cup	12 **Teacher Workday**	13 **Pizza Wedge** cheese or pepperoni romaine salad fruit cup	14 **Bosco Stix** cheese-filled breadstick marinara cup fruit cup FFVP: Canteloupe	15 **Chicken Tenders** with dipping sauces oven fries fruit parfait
Week 1	18 **Chicken Potstickers** & fortune cookie! broccoli florets fruit cup	19 **Mac & Cheese** sunshine carrots fruit smoothie FFVP: Grapefruit	20 **Pizza Wedge** cheese or pepperoni romaine salad fruit cup	21 **Hot Diggity Dog** baked beans fruit parfait FFVP: Banana	22 **Burger** available without cheese oven fries fruit cup
Week 2	25 **Bowtie Meatballs** & garlic breadstick broccoli florets fruit cup	26 **Soft Taco Bowl** Cuban black beans fruit smoothie FFVP: Snow Peas	27 **Pizza Wedge** cheese or pepperoni romaine salad fruit cup	28 **Brunch Bunch!** French Toast sticks & sausage hasbrown fruit parfait FFVP: Clementine	29 **Chicken Sandwich** sweet potato fries fruit cup

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@EppingFNS

EPPING FOOD SERVICE

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

@EppingFNS

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