

**"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



Look for our  
 Secret Menu  
 Pop Ups!  
 Daily Specials  
 and more

**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

**March 2024**

**New Items in RED**

**BFAST - BFAST -**

| MONDAY               | TUESDAY                       | WEDNESDAY                   | THURSDAY                   | FRIDAY                     |
|----------------------|-------------------------------|-----------------------------|----------------------------|----------------------------|
| bagel<br>fruit/juice | breakfast roll<br>fruit/juice | miniPancakes<br>fruit/juice | bfast pizza<br>fruit/juice | pancake pup<br>fruit/juice |

Available Daily: Cereal bowl, large muffin/breakfast bar, egg & cheese bagel, sausage & cheese croissant, or our *Big Breakfast Biscuit*

**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



|   |   |   |  |  |
|---|---|---|--|--|
| <b>4 Hamburger</b><br>with or without cheese<br>charro beans<br>fresh & prepared fruits           | <b>5 Soft Taco Bowl</b><br>beef, chicken, or bean<br>mexi corn<br>fresh & prepared fruit  | <b>6 Korean Meatballs</b><br>& sticky rice<br>broccoli florets<br>fresh & prepared fruits                 | <b>7 Brunch Bunch</b><br>French Toast & sausage<br>hashbrowns<br>fresh & prepared fruits             | <b>8 Soup'n Sammy</b><br><b>Watch the digital signage for info on the day's offerings!</b><br>fresh & prepared fruits  |
| <b>11 Chicken Alfredo</b><br>with garlic knot<br>broccoli florets<br>fresh & prepared fruits      | <b>12 Teacher Workday</b>   | <b>13 Breaded Chicken Sando</b><br><i>regular or spicy</i><br>oven fries<br>fresh & prepared fruits       | <b>14 Bosco Stix</b><br>cheesy breadstick & marinara<br>roasted vegetable<br>fresh & prepared fruits | <b>15 Chicken &amp; Waffles</b><br>avail. vegetarian<br>sweet potato fries<br>fresh & prepared fruits                  |
| <b>18 American Chop Suey</b><br>with garlic bread<br>caesar side salad<br>fresh & prepared fruits | <b>19 Quesadilla</b><br>black beans<br>fresh & prepared fruits                            | <b>20 Mac &amp; Cheese</b><br>with BBQ pulled pork<br>roasted broccoli florets<br>fresh & prepared fruits | <b>21 Hot Dog</b><br>chili/cheese/classic<br>sweet potato frizzles<br>fresh & prepared fruits        | <b>22 Bacon Chicken Ranch</b><br><b>Pasta Casserole!</b><br>spiced fries<br>fresh & prepared fruits                    |
| <b>25 Hamburger</b><br>with or without cheese<br>charro beans<br>fresh & prepared fruits          | <b>26 Soft Taco Bowl</b><br>beef, chicken, or bean<br>mexi corn<br>fresh & prepared fruit | <b>27 Korean Meatballs</b><br>& sticky rice<br>broccoli florets<br>fresh & prepared fruits                | <b>28 Brunch Bunch</b><br>French Toast & sausage<br>hashbrowns<br>fresh & prepared fruits            | <b>29 Soup'n Sammy</b><br><b>Watch the digital signage for info on the day's offerings!</b><br>fresh & prepared fruits |

**WEEKLY MENUS! Customizable meals and garden salads with out many delicious toppings**

|  |   |  |
|--|---|--|
| <b>CustoBar: Build-your-Own Pasta Station!</b> | <b>CustoBar: Tater Up</b><br>Baked <b>potato</b> , french fries | <b>CustoBar: Tex Mex!</b><br>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!**

**Pepperoni and Cheese pizza offered Daily**

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