Epping Elementary School Menu

April 2024

rev.04/09/

@EppingFNS

EPPING FOOD SERVICE

ST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BREAKFAST - BR

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 & sid	-or - cereal bowl & si
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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	1 **Chicken Penne** with garlic bread broccoli florets fruit cup	2 **Nachos** avail. vegetarian charro beans fruit smoothie FFVP: Roasted Beets	3 **Pizza Wedge** cheese or pepperoni romaine salad fruit cup	4 **Bosco Stix** cheese-filled breadstick marinara cup fruit cup FFVP: Broccoli Florets	5 **Chicken Tenders** with dipping sauces oven fries fruit parfait
Week 1	8 **Mozzarella Sticks** marinara cup fruit cup	9 **Mac & Cheese** green beans fruit smoothie FFVP: Honeydew	10 **Pizza Wedge** cheese or pepperoni romaine salad fruit cup	11 **Hot Diggity Dog** baked beans fruit parfait FFVP: Strawberry	12 **Burger** available without cheese oven fries fruit cup
Week 2	15 **Bowtie Meatballs** & garlic breadstick broccoli florets fruit cup	16 **Soft Taco Bowl** Cuban black beans fruit smoothie FFVP: Kiwi	17 **Pizza Wedge** cheese or pepperoni romaine salad fruit cup	18 **Brunch Bunch!** French Toast sticks & sausage hasbrown fruit parfait FFVP: Chayote Squash	**Teacher Workday** **no school**
Week 3	22	23	24	25	26
	Spring Break				
Week 1	29 **Mozzarella Sticks** marinara cup fruit cup	30 **Mac & Cheese** green beans fruit smoothie FFVP: Grapes	1 **Pizza Wedge** cheese or pepperoni romaine salad fruit cup	2 **Hot Diggity Dog** baked beans fruit parfait FFVP: Sunchokes	3 **Burger** available without cheese oven fries fruit cup

In accordance with Federal law and U.S. Department of Agriculture policy, Epping School District SAU14 does not discriminate on the basis of race, color, religion, national origin, marital status, disability, sexual orientation, gender identity, age or legally-protected characteristics in its educational programs and activities. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or (202) 720-6382 (TTY). The USDA is an equal opportunity provider and employer.

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