

Epping PreK School Menu & ordering guide

April 2024

rev.03/28/24

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
A	bagel 🍞	A breakfast roll	A waffles	A MiniPancakes	A
B	-or- cereal bowl & side 🍌	B -or- cereal bowl & side 🍌	B -or- cereal bowl & side 🍌	B -or- cereal bowl & side 🍌	B
	fruit/juice	fruit/juice	fruit/juice	fruit/juice	
C	Snack \$1.50	C Snack \$1.50	C Snack \$1.50	C Snack \$1.50	C

H - LUNCH -

A 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



D	Snack \$1.50	D Snack \$1.50	D Snack \$1.50	D Snack \$1.50	D
4		5	6	7	
A	Bowtie Meatballs 🌟 broccoli florets fruit cup	A Soft Taco Bowl 🌟 Cuban black beans fruit smoothie	A Cheese Pizza 🌟 romaine salad fruit cup	A Brunch Bunch! 🌟 hasbrown fruit parfait	A
B	Bistro Pack	B Bistro Pack	B Bistro Pack	B Bistro Pack	B
C	Sunbutter & Jelly	C Sunbutter & Jelly	C Sunbutter & Jelly	C Sunbutter & Jelly	C
D	Snack \$1.50	D Snack \$1.50	D Snack \$1.50	D Snack \$1.50	D

11		12	13	14	
A	Chicken Penne 🌟 broccoli florets fruit cup	A Nachos 🌟 charro beans fruit smoothie	A Cheese Pizza 🌟 broccoli florets fruit cup	A Bosco Stix 🌟 marinara cup fruit cup	A
B	Bistro Pack	B Bistro Pack	B Bistro Pack	B Bistro Pack	B
C	Sunbutter & Jelly	C Sunbutter & Jelly	C Sunbutter & Jelly	C Sunbutter & Jelly	C
D	Snack \$1.50	D Snack \$1.50	D Snack \$1.50	D Snack \$1.50	D

18		19	20	21	
A	Chicken Potstickers 🌟 broccoli florets fruit cup	A Mac & Cheese 🌟 sweet potato fries fruit smoothie	A Cheese Pizza 🌟 romaine salad fruit cup	A Hot Diggity Dog 🌟 baked beans fruit parfait	A
B	Bistro Pack	B Bistro Pack	B Bistro Pack	B Bistro Pack	B
C	Sunbutter & Jelly	C Sunbutter & Jelly	C Sunbutter & Jelly	C Sunbutter & Jelly	C
D	Snack \$1.50	D Snack \$1.50	D Snack \$1.50	D Snack \$1.50	D

25		26	27	28	
A	Bowtie Meatballs 🌟 broccoli florets fruit cup	A Soft Taco Bowl 🌟 Cuban black beans fruit smoothie	A Cheese Pizza 🌟 romaine salad fruit cup	A Brunch Bunch! 🌟 hasbrown fruit parfait	A
B	Bistro Pack	B Bistro Pack	B Bistro Pack	B Bistro Pack	B
C	Sunbutter & Jelly	C Sunbutter & Jelly	C Sunbutter & Jelly	C Sunbutter & Jelly	C
D	Snack \$1.50	D Snack \$1.50	D Snack \$1.50	D Snack \$1.50	D



Connect to your child's account to add funds, see purchases, and enable purchasing restrictions. Visit LinqConnect.com for more info or see our FNS page at SAU14.org

@EppingFNS

Follow us on Facebook for news and events, or to give feedback.

We look forward to serving you!

ALSO AVAILABLE DAILY:
 Bistro Box combo meals 🍌
 Sunbutter & Jelly 🍌
 Snack
 (Lighter version of the Bistro)

ALLERGEN KEY
contains Pork 🐷
Gluten-free available 🌿
Vegetarian available 🌱

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: 603-679-2544 x4167

"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!

Please preorder for any allergy concerns

HOW TO USE THIS SHEET

Your preschool teachers preorder meals for your student up to a month in advance. Circle the meal option (A,B,C,D) you would like return this to your preschool teacher.

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.

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PreK options: Daily snacks \$1.50, includes milk & fruit, 10z protein, or 10z grain