

"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 available
 Vegetarian available

April 2024

New Items in RED

BFAST - BFAST -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
banana bread fruit/juice	breakfast roll fruit/juice	miniPancakes fruit/juice	bfast pizza fruit/juice	pancake pup fruit/juice

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

LUNCH - LUNCH -

	1 Chicken Alfredo	2 General Tso Chicken	3 Breaded Chicken Sando	4 Bosco Stix	5 Chicken & Waffles
Week 3	with garlic knot broccoli florets fresh & prepared fruits	Rice & Chicken Potstickers edamame fresh & prepared fruits	regular or spicy oven fries fresh & prepared fruits	cheesy breadstick & marinara roasted vegetable fresh & prepared fruits	avail. vegetarian sweet potato fries fresh & prepared fruits
Week 1	with garlic knot caesar side salad fresh & prepared fruits	Chicken or Cheese black beans fresh & prepared fruits	with BBQ pulled pork roasted broccoli florets fresh & prepared fruits	chili/cheese/classic oven fries fresh & prepared fruits	Pasta Casserole roast carrots fresh & prepared fruits
Week 2	with or without cheese charro beans fresh & prepared fruits	beef, chicken, or bean mexi corn fresh & prepared fruit	& sticky rice broccoli florets fresh & prepared fruits	French Toast & sausage hashbrowns fresh & prepared fruits	Teacher Workday no school

Spring Break

	29 American Chop Suey	30 Quesadilla	1 Mac & Cheese	2 Hot Dog	3 Bacon Chicken Ranch
Week 1	with garlic bread caesar side salad fresh & prepared fruits	black beans fresh & prepared fruits	with BBQ pulled pork roasted broccoli florets fresh & prepared fruits	chili/cheese/classic sweet potato frizzles fresh & prepared fruits	Pasta Casserole! spiced fries fresh & prepared fruits

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	Grab one of our base meals, like baked potato, <i>THEN ...</i> add toppings like diced tomato, pickled onion, and chipotle ranch to make it your own. Never the same meal twice!
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