FRIDAY

IKFAST - BREAKFAST - BREAKFAST

MONDAY

bagel

-or - cereal bowl & side fruit/juice

TUESDAY

breakfast roll -or - cereal bowl & side WEDNESDAY

waffles -or - cereal bowl & side **THURSDAY**

biscuit

-or - cereal bowl & side fruit/juice

pancake pup -or - cereal bowl & side

fruit/juice

bfast sandwiches daily - vegetarian entrees available! - ask about gluten-free or dairy-free options - extra entrees only \$2

I - LUNCH -

29

Penne w/ Meatballs breadstick

broccoli florets fruit cup

No school **Labor Day**

12

Chicken Pasta Alfredo

broccoli florets fruit cup

19

Penne w/ Meatballs

breadstick

broccoli florets fruit cup

26

American Chop Suey

& garlic breadstick

broccoli florets

fruit cup

30 Quesadilla

fruit/juice

chicken or cheese golden corn fruit parfait

Soft Tacos

mexi corn fruit parfait

13

No school **Teacher** Workday

20

Quesadilla

chicken or cheese golden corn fruit parfait

27

Soft Tacos

mexi corn fruit parfait romaine salad fruit cup

fruit/juice

Pizza Wedge

Pizza Wedge

cheese or pepperoni

cheese or pepperoni romaine salad fruit cup

14

Pizza Wedge

cheese or pepperoni romaine salad

fruit cup

Pizza Wedge

cheese or pepperoni romaine salad fruit cup

28

Pizza Wedge

cheese or pepperoni romaine salad fruit cup

Corndog

or all-beef hot dog baked beans fruit parfait

Macaroni & Cheese

with BBQ Pulled Pork sweet potato fries

fruit parfait

Chicken & Waffles

avail. vegetarian baby carrots

fruit parfait

Corndog

or all-beef hot dog baked beans

fruit parfait

Macaroni & Cheese

with BBQ Pulled Pork sweet potato fries

fruit parfait

No school

Turkey Hoagie

Greek bean salad fruit cup

16

Bosco Stix

cheesy breadstick & marinara

smiley fries fruit cup

23

Burger

available without cheese sweet potato fries fruit cup

Turkey Hoagie

Greek bean salad fruit cup

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 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.

Contact Epping's food service director and exec. chef Moss Crutchfield regarding menu details, special dietary needs, and allergy policies: 603-679-5472 x6



ALLERGEN KEY

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news and events, or to give

feedback.

We look forward to serving you!

TITAN Simply manage you

Visit our Family Portal

contains Pork

Gluten-free avail

Vegetarian avail

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