# Degree Cor Danuary 2029

# **EPPING MIDDLE & HIGH SCHOOL**

This institution is an equal opportunity provider.

Menus are subject to change.

# **Available Daily**

Fruit & Veggie Bar included in all Meals
All Breads are Whole Grain
Milk offered with all Meals
1%, FF Chocolate, FF Strawberry

Main Meal......\$3.00
Energy Pack......\$3.00
Custom Deli Sub....\$3.50
Choose your bread, meat, cheese & veggies

Garden Fresh Salads....\$3.50
Yogurt Parfait Meal.....\$3.00
Harvest of the Month Vegetable
PARSNIPS



Welcome Back! We hope you enjoyed your break!

# Featured Specials of the Day

# Wednesday, January 2

BIG DADDY CHEESE OR PEPPERONI PIZZA TOSSED SALAD

# Thursday, January 3

TOASTED CHEESE FLATBREAD TOMATO SOUP, GARLIC SPINACH COOKIE

### Friday, January 4

CHEESEBURGER/ ROLL FIXINS FF & BAKED BEANS

# Monday, January 7

AMERICAN CHOP SUEY/ DINNER ROLL SEASONED BROCCOLI

#### Tuesday, January 8

PULLED PORK/ CIABATTA ROLL AUGRATIN POTATOES CREAMY COLESLAW

## Wednesday, January 9

FREMONT PIZZA
CAFSAR SALAD

# Thursday, January 10

TACO BAR/ FIXINS SEASONED RICE, CORN, BLACK BEANS

## Friday, January 11

POPCORN CHICKEN
DINNER ROLL, FF
CINNAMON BUTTERNUT SQUASH

# WE HAVE YOUR NEW YEAR'S PRESOLUTION

Join us every day for convenient, economical, healthy meals!

**Breakfast** 

Lunch

\$1.75

\$3.00

Learn more about free and reduced-price meals: WWW.SAU14.ORG

# Our Nation's History \*

othing more than a spit of sand in the Hudson River just off Manhattan, the tiny island was variously know as Gull Island, Oyster Island, and Gibbet Island, until a businessman named Ellis built a fishermen's gathering spot on it around the time of the revolutionary war. Then, in January 1892 – 127 years ago this month -- the U.S. Government opened the Ellis Island Immigration Station on the land. Over the next 50 years, 12 million immigrants would take their first step in America onto little Ellis Island. If you can't visit, you can search for relatives who came through at ellisisland.org.



WITH LIBERTY & JUSTICE FOR ALL



# CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of down-side. Why not make this the year you "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

# Featured Specials of the Day

### Monday, January 14

TURKEY PIE/ BISCUIT TOPPING (TURKEY, GRAVY, POTATO, PEAS) TOSSED SALAD

#### **Tuesday, January 15**

ITALIAN SUPREME FLATBREAD (HAM, SALAMI, CHEESE) FF, GARLIC SPINACH COOKIE

# Wednesday, January 16 EARLY RELEASE

SALS PIZZA TOSSED SALAD

# Thursday, January 17

PASTA/ MEATBALLS & SAUCE GARLIC BREADSTICK CAULIFLOWER

#### Friday, January 18

CHEESEY BOSCO STICKS/ SAUCE GREEN BEANS, PASTA SALAD

# BY THE NUMBERS THE PERCENTAGE OF TEENS' CAR ACCIDENTS THAT INVOLVE DRIVING WHILE DISTRACTED.

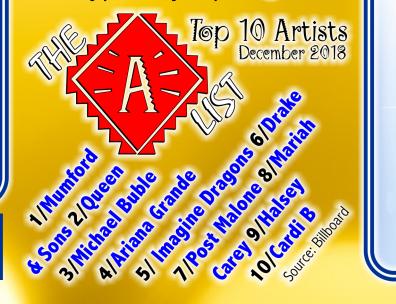
# wanna stay fit? gotta eat right!



item: monstro burger <u>verdict:</u> gulp!?

tip: Notice how the burger in the picture is overwhelming the words "gotta eat right"? There's a lesson there. The burgers just keep growing. One highly-hyped new burger delivers the numbers you see here – and it's not unusual. Know what you're getting yourself into – and don't go for such a burger too often.

Based on a highlyhyped ourger from a ational chain



# Please see reverse for items available daily

# Featured Specials of the Day

# Monday, January 21

School will be closed on Monday, January 21 in honor of Martin Luther King, Jr.'s Birthday



# Tuesday, January 22

CHEESE QUESADILLA SEASONED RICE

ROASTED CARROTS, BLACK BEAN SALAD

# Wednesday, January 23

FREMONT PIZZA CAESAR SALAD

#### Thursday, January 24

SHEPHERDS PIE (BEEF, CORN, POTATO) PEACH BISCUIT, ZUCCHINI

#### Friday, January 25

CRISPY CHICKEN SANDWICH/ LETTUCE & TOMATO SWEET POTATO FRIES

# Monday, January 28

POTATO WEDGE BAR CHILI, CHEESE SAUCE, BROCCOLI HOT PRETZEL

# Tuesday, January 29

TURKEY & CHEESE CIABATTA CREAM OF BROCCOLI SOUP TATER TOTS

#### Wednesday, January 30

BIG DADDY CHEESE OR SALS GARLIC PIZZA TOSSED SALAD

#### Thursday, January 31

CHICKEN PARMESAN/ PASTA Green Beans Garlic Breadstick