





#EPS Cafe Middle School Menu

SCHOOLS				2019-2020
Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Drumstick & Homemade Roll or Golden Nuggets	Macho Nacho Grande or Bean & Cheese Burrito	4 Best Beef & Broccoli or Orange Chicken	5 Golden Hot Dog Roll-Up or Cha-Cha Cheese Dippers	6 Cheeseburger or Bistro Chicken Burger
Mashed Potatoes Plump Blueberries Crisp Veggies & Dip	Southwest Salad Peppy Peaches Crisp Veggies & Dip	Bright Broccoli Mixed-Up Berries Crisp Veggies & Dip	Three Bean Chili Sweet Strawberries Crisp Veggies & Dip	Yummy Broccoli Salad Perky Pears Crisp Veggies & Dip
9 Mama Mia's Spaghetti or Chicken Alfredo	10 Wacky Waffles & Sizzlin' Sausage or Golden Strips	11 Tangy Chicken or Teriyaki Beef Dippers	Cheese Zombie or Tasty Toasted Cheese Sandwich	13 Cheeseburger or Bistro Chicken Burger
Classic Caesar Salad Sweet Blueberries Crisp Veggies & Dip	Perfect Potato Bites Perfect Peaches Crisp Veggies & Dip	Vegetable Stir Fry Jumbled-Up Berries Crisp Veggies & Dip	Cabbage Patch Soup Chilly Strawberries Crisp Veggies & Dip	Crinkly Fries Peppy Pears Crisp Veggies & Dip
16 Enticing Spicy Enchilada or Golden Nuggets	17 Macho Nacho Grande or Cheesy Quesadilla	18 Orange Chicken or Terrific Teriyaki Chicken	19 Gobbler Gravy, Mashed Potatoes or Dancin Corn Dog	Cheeseburger or Bistro Chicken Burger
Skater Taters Plump Blueberries Crisp Veggies & Dip	Champion Corn Perky Peaches Crisp Veggies & Dip	Yummy Asian Salad Mixed-Up Berries Crisp Veggies & Dip	Lean Green Beans Sweet Strawberries Crisp Veggies & Dip	Crunchy Coleslaw Perfect Pears Crisp Veggies & Dip
23 Rockin' Ravioli & Garlic Toast or Cheese Calzones	24 Golden Strips or Specialty Pizza	25 Tangy Chicken or Teriyaki Beef Dippers	26 Ham & Cheese Ripper or Toasted Cheese Sandwich	27 Full Day Cheeseburger or Bistro Chicken Burger
Busy Brussels Sprouts Sweet Blueberries Crisp Veggies & Dip	Classic Caesar Salad Peppy Peaches Crisp Veggies & Dip	Vegetable Stir Fry Jumbled-Up Berries Crisp Veggies & Dip	Tasty Tomato Soup Chilly Strawberries Crisp Veggies & Dip	Bouncin' Baked Beans Perky Pears Crisp Veggies & Dip
Chicken Drumstick & Homemade Roll or Golden Nuggets Mashed Potatoes Plump Blueberries	Macho Nacho Grande or Bean & Cheese Burrito Black Bean Salsa Perfect Peaches	Pizza Protein Pack Yogurt Combo Yogurt Parfait Salad Baked Potato Fishwich	Additional Daily Offerings	Breakfast is Offered Daily! Breakfast is served before school for only \$1.50; students who qualify for free or reduced-price meals eat breakfast at no
Crisp Veggies & Dip Crisp Veggies & Dip Fishwich charge. Menu on backside. PRICES Menu choices subject to change				

PRICES

Lunch & Breakfast Prices

Student Lunch \$3.25 Reduced Lunch \$0.40 Student Breakfast \$1.50 Reduced Breakfast **FREE** Adult Lunch w/Drink \$4.00

Ala Carte Items

Whole Grain Cookie \$0.35 \$0.85 **Baked Chips** Naked Juice \$2.00 12 oz Juices \$1.35 Milk or Juice \$0.55

> **Everett Public Schools** Food & Nutrition 425-385-4380

ADDITIONAL INFORMATION

- Online payments: www.mypaymentsplus.com.
- Make checks payable to: **Everett Public Schools.**
- Second meals for ALL students are full price.
- Download the new district mobile APP to have direct access to the My School Menus and the My Payments Plus App.



• The My School Menus app is a great tool for students that have allergies and diabetes. It breaks down allergy and nutritional information.

Social Media~Everett Public schools is on Facebook and Instagram. Look for **#EPS_Cafe** for posts regarding Food & Nutrition.



Visit our website and click on the chef's hat for more information.

This institution is an equal opportunity provider.

my Payments

My Payments Plus is your way to stay informed of your students meal account. Create a FREE account at:

www.mypaymentsplus.com and then download the free app onto your phone to have access to do the following:

- Set up to receive **low balance** push notifications & to make reoccurring automatic payments
- **Prepay** (small fee for online payments & automatic payments)
- View meal history purchases