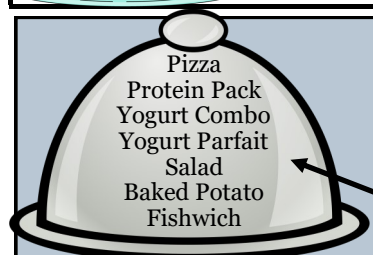




Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Mama Mia's Spaghetti or Chicken Alfredo</b> Caesar Salad Awesome Applesauce Crisp Veggies & Dip	<b>3</b> <b>Golden Chicken Strips or Wacky Waffles &amp; Sausage</b> Perfect Potato Bites Peppy Peaches Crisp Veggies & Dip	<b>4</b> <b>Tangy Chicken or Terrific Teriyaki Beef Dippers</b> Vegetable Stir Fry Jumbled-Up Berries Crisp Veggies & Dip	<b>5</b> <b>Cheese Zombie or Toasted Cheese Sandwich</b> Cabbage Patch Soup Chilly Strawberries Crisp Veggies & Dip	<b>6</b> <b>Cheeseburger or Bistro Chicken Burger</b> Crinkle Fries Perky Pears Crisp Veggies & Dip
<b>9</b> <b>Golden Nuggets or Spicy Enchilada</b> Skater Taters Amazing Applesauce Crisp Veggies & Dip	<b>10</b> <b>Macho Nacho Grande or Cheesy Quesadilla</b> Champion Corn Juicy Peaches Crisp Veggies & Dip	<b>11</b> <b>Orange Chicken or Chicken Teriyaki</b> Yummy Asian Salad Mixed-Up Berries Crisp Veggies & Dip	<b>12</b> <b>Gobbler Gravy, Mashed Potatoes &amp; Roll or Corn Dog</b> Lean Green Beans Sweet Strawberries Crisp Veggies & Dip	<b>13</b> <b>Cheeseburger or Bistro Chicken Burger</b> Crunchy Coleslaw Peppy Pears Crisp Veggies & Dip
<b>16</b> <b>Rockin' Ravioli &amp; Garlic Toast or Mini Calzones</b> Busy Brussels Sprouts Awesome Applesauce Crisp Veggies & Dip	<b>17</b> <b>Golden Chicken Strips or Specialty Pizza</b> Classic Caesar Salad Perky Peaches Crisp Veggies & Dip	<b>18</b> <b>Tangy Chicken or Terrific Teriyaki Beef Dippers</b> Vegetable Stir Fry Jumbled-Up Berries Crisp Veggies & Dip	<b>19</b> <b>Tasty Toasted Cheese Sandwich or Cheese Ripper</b> Harvest Tomato Soup Chilly Strawberries Crisp Veggies & Dip	<b>20</b> <b>Cheeseburger or Bistro Chicken Burger</b> Bouncin' Baked Beans Juicy Pears Crisp Veggies & Dip

Pizza  
Protein Pack  
Yogurt Combo  
Yogurt Parfait  
Salad  
Baked Potato  
Fishwich

Choose from one of the two **Main Entrée** choices **or** from our 7 **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 can eat breakfast at no charge. Breakfast menu on backside.

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

#### A La Carte Items

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

### ADDITIONAL INFORMATION

- Online payments: [www.mypaymentsplus.com](http://www.mypaymentsplus.com).
- Make checks payable to: **Everett Public Schools**.
- Second meals for ALL students are full price.
- Apps are available for menus, payments and balance notifications



- Social Media~Everett Public schools is on Facebook, Twitter and Instagram. Look for **#EPS\_Cafe** for posts regarding Food & Nutrition.

Visit our [website](http://www.mypaymentsplus.com) and click on the chef's hat for more information.



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

[www.mypaymentsplus.com](http://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

Everett Public Schools  
Food & Nutrition  
425-385-4380

# Middle School Breakfast Menu~2019-2020 SY

## Breakfast is Offered Daily!

Breakfast is served before school for only \$1.50; students who qualify for free or reduced-price meals can eat breakfast at no charge.

- Participating in school breakfast is associated with improved math grades, attendance and punctuality.
- Behavior and academic problems are more common among hungry children.

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks or Breakfast Calzone	Morning Pizza or Breakfast Sandwich	Cinnamon Roll or Pancake Bites	French Toast Sticks or Fruit Smoothie	Breakfast on a Stick or Waffles

### Additional Daily Breakfast Choices

- Bagel Cream Cheese Bar
- Bars-Cereal or Breakfast
- Cereal-Variety
- Cinni Mini Bar
- Graham Cracker
- Variety of Fruit
- Egg Wrap
- PBJ
- String Cheese
- Yogurt

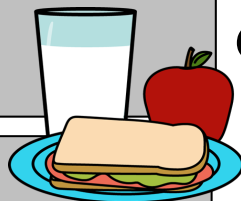


## Did you know... Healthy Lunches!

Fruit, Juice & Milk  
are served at every  
meal.

Students have a choice of 7 different entrees every day at lunch. They can choose from the main hot entrée line or from additional daily entrée choices.

All school meals are made with whole grain ingredients and are low in sodium and added sugar.



Each lunch includes:

- Entree of choice
- Fresh and cooked vegetable choices
- Homemade hummus
- Fresh & canned fruits
- 100% fruit juice choices
- 1% white or nonfat chocolate milk

## Healthy Breakfasts!

Our breakfast cereals are lower in sugar than the cereal available at grocery stores. All cereal served at schools are whole grain and have less than 9 grams of sugar per serving with no artificial sweeteners.



## Our staff...

Meet professional training standards and are members of the **School Nutrition Association** (SNA).

Each school has it's own kitchen which regularly prepares items from scratch such as:

- Dressings
- Hummus
- Rolls
- Soups/Chili
- Salads
- Granola



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