

**PRICES:**

Student Lunch	\$3.25
Reduced Lunch	\$0.40
Student Breakfast	\$1.50
Reduced Breakfast	FREE
Adult Lunch with drink	\$4.00

JANUARY

HIGH SCHOOL MENU




#EPS_Cafe

2019-2020

Prepay online at:

www.mypaymentsplus.com

- Make checks payable to: Everett Public Schools.
- Second meals for ALL students are full price.

Monday	Tuesday	Wednesday	Thursday	Friday
6 Orange Chicken or Chicken Teriyaki Vegetable Stir Fry Fresh & Canned Fruit Crisp Veggies & Dip	7 Pasta Bar: Spaghetti or Chicken Alfredo Caesar Salad Fresh & Canned Fruit Crisp Veggies & Dip	8 Orange Chicken or Teriyaki Beef Dippers Steamed Broccoli Fresh & Canned Fruit Crisp Veggies & Dip	9 Chicken Drumstick, Biscuit & Mashed Potatoes Corn on the Cob Fresh & Canned Fruit Crisp Veggies & Dip	10 Chef's Choice. Check with your school. Fresh & Canned Fruit Crisp Veggies & Dip
13 Orange Chicken or Beef & Broccoli Vegetable Stir Fry Fresh & Canned Fruit Crisp Veggies & Dip	14 Gourmet Toasted Cheese Sandwich Tomato Soup Fresh & Canned Fruit Crisp Veggies & Dip	15 Orange Chicken or General Tso Chicken Vegetable Stir Fry Fresh & Canned Fruit Crisp Veggies & Dip	16 Turkey Gravy over Mashed Potatoes with Homemade Roll Green Beans Fresh & Canned Fruit Crisp Veggies & Dip	17 Chef's Choice. Check with your school. Fresh & Canned Fruit Crisp Veggies & Dip
20 NO SCHOOL Martin Luther King Jr. Day 	21 Sloppy Joe with Tater Tots Coleslaw Fresh & Canned Fruit Crisp Veggies & Dip	22 Orange Chicken or Teriyaki Beef Dippers Steamed Broccoli Fresh & Canned Fruit Crisp Veggies & Dip	23 Chicken Drumstick, Biscuit & Potato Salad Baked Beans Fresh & Canned Fruit Crisp Veggies & Dip	24 Chef's Choice. Check with your school. Fresh & Canned Fruit Crisp Veggies & Dip
27 NO SCHOOL Teacher Work Day 	28 Pasta Bar: Spaghetti or Chicken Alfredo Caesar Salad Fresh & Canned Fruit Crisp Veggies & Dip	29 Orange Chicken or General Tso Chicken Vegetable Stir Fry Fresh & Canned Fruit Crisp Veggies & Dip	30 Turkey Gravy over Mashed Potatoes with Homemade Roll Green Beans Fresh & Canned Fruit Crisp Veggies & Dip	31 Chef's Choice. Check with your school. Fresh & Canned Fruit Crisp Veggies & Dip
DID YOU KNOW? There is an app you can download for Food & Nutrition Services school menus? If you have the Everett Public Schools app downloaded on your mobile device then you already have access to the menu app. It can translate the menu into almost any language! The online menu can also help plan your meal based on allergens. Check out this useful menu tool today!			Ala 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	Breakfast is Offered Daily! Breakfast is served before school. See back of menu for more information. 

Made to Order Salads & Wraps

Select from a variety of fresh ingredients like:

- Lettuce
- Tomatoes
- Cucumbers
- Carrots
- Broccoli
- Peas
- Beans
- Chicken



• Homemade Dressing
 Salads and wraps are hand tossed with your chosen items.

Food & Nutrition
 425-385-4380

Additional Daily Entrée Choices**Pizza & Cold Grab n' Go**

- Cheese Pizza
- Specialty Pizza
- Pepperoni Pizza
- Protein Pack
- Yogurt Parfaits

**Hot Grab n' Go Line**

- Hamburger
- Chicken Burger
- Fishwich
- Chicken Strips
- Cheese Dippers
- Daily Rotating Item



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

- To receive **low balance push notifications**
- Make **reoccurring automatic payments**
- **Prepay** (small fee for online payments & automatic payments)
- View meal history purchases

Made to Order Fiesta Line

Create your own nachos, taco salad, burrito or rice bowl by choosing from a variety of fresh ingredients like:

- Lettuce
- Cheese
- Onions
- Tomatoes
- Black olives
- Beans
- Corn
- Jalapeños
- Salsa & Sour Cream
- Beef or Chicken



This institution is an equal opportunity provider.

High 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.

Daily Breakfast Choices



- Breakfast Bars
- Breakfast Pizza
- Cereal-Variety
- Variety of Fruit
- Cinni Mini Bar
- PBJ



Did you know... Healthy Lunches!

Students have a choice of 9 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

Fruit, Juice & Milk
are served at every
meal.

Healthy Breakfasts!

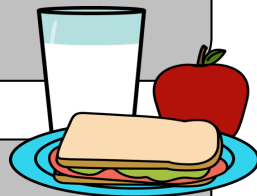
Our breakfast cereals are lower in sugar than the cereal available at grocery stores. All cereal served at schools are whole grain and have less than 9 grams of sugar per serving with no artificial sweeteners.



Our staff...

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



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

