



Monday	Tuesday	Wednesday	Thursday	Friday
3 Enticing Enchilada or Golden Nuggets Skater Taters Plump Blueberries Crisp Veggies & Dip	4 Macho Nacho Grande or Cheesy Quesadilla Champion Corn Perky Peaches Crisp Veggies & Dip	5 Orange Chicken or Terrific Teriyaki Chicken Yummy Asian Salad Mixed-Up Berries Crisp Veggies & Dip	6 Gobbler Gravy over Mashed Potatoes or Golden Corn Dog Lean Green Beans Sweet Strawberries Crisp Veggies & Dip	7 Cheeseburger or Bistro Chicken Burger Crunch Coleslaw Peppy Pears Crisp Veggies & Dip
10 Rockin' Ravioli or Mini Cheese Calzone Brussels Sprouts Sweet Blueberries Crisp Veggies & Dip	11 Golden Chicken Strips or Specialty Pizza Classic Caesar Salad Perfect Peaches Crisp Veggies & Dip	12 Tangy Chicken or Teriyaki Beef Dippers Vegetable Stir Fry Jumbled-Up Berries Crisp Veggies & Dip	13 Toasted Cheese Sandwich or Cheesy Garlic Ripper Tasty Tomato Soup Chilly Strawberries Crisp Veggies & Dip	14 Cheeseburger or Bistro Chicken Burger Bouncin' Baked Beans Perky Pears Crisp Veggies & Dip
17 NO SCHOOL MID WINTER BREAK 	18 NO SCHOOL MID WINTER BREAK	19 Orange Chicken or Yummy Beef & Broccoli Bright Broccoli Mixed-Up Berries Crisp Veggies & Dip	20 Creamy Chicken Alfredo or Mama Mia's Spaghetti Classic Caesar Salad Sweet Strawberries Crisp Veggies & Dip	21 Cheeseburger or Bistro Chicken Burger Champion Corn Perfect Pears Crisp Veggies & Dip
24 Luigi's Lasagna or Mini Cheese Calzones Lean Green Beans Sweet Blueberries Crisp Veggies & Dip	25 Golden Chicken Strips or Specialty Pizza Emoji Potatoes Peppy Peaches Crisp Veggies & Dip	26 Tangy Chicken or General Tso Chicken Yummy Asian Salad Jumbled-Up Berries Crisp Veggies & Dip	27 Homemade Mac N' Cheese or Rib-B-Q Sandwich Bright Broccoli Juicy Pears Crisp Veggies & Dip	28 Cheeseburger or Bistro Burger Steamed Carrots Perky Pears Crisp Veggies & Dip
 <p>Pizza Protein Pack Yogurt Combo Yogurt Parfait Salad Baked Potato Fishwich</p>		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 charge. More information on backside.		 <p>We are looking for people who want to work part time as a Food & Nutrition Professional substitute. This is a perfect job for anyone with school-age children. No experience necessary as we will provide the training. To apply visit www.everettsd.org and then click on Employment.</p>

PRICES

Lunch & Breakfast Prices

Student Lunch	\$3.25
Reduced Lunch	\$0.40
Student Breakfast	\$1.50
Reduced Breakfast	FREE
Adult Lunch w/Drink	\$4.25

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

Menu choices subject to change

ADDITIONAL INFORMATION

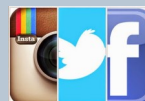
- Online payments: www.mypaymentsplus.com.
- Make checks payable to: **Everett Public Schools**.
- Second meals for ALL students are full price.
- Download the new district mobile APP to have direct access to the My School Menus and the My Payments Plus App.



- 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, Twitter and Instagram. Look for **#EPS_Cafe** for posts regarding Food & Nutrition.

Visit our website 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

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

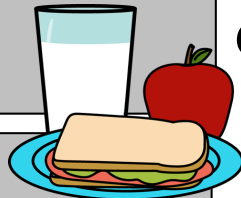


Did you know... Healthy Lunches!

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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