

MEAL PRICES

	Breakfast	Lunch
Full Price	\$1.90	\$3.65
Reduced K-12	FREE	FREE
Adults	\$2.65	\$4.90
CEP SCHOOLS	--NO CHARGE--	

Second meals at all schools will be charged the full price rate.

A la Carte Prices

Check with your school kitchen for options and prices.

DAILY MEAL OPTIONS

1. PB&J Sandwich
2. Yogurt Combo (yogurt, string cheese, cracker & granola)
3. Cold Sandwich

A variety of milk, fruits and vegetables served at every meal!



START YOUR DAY WITH BREAKFAST

SCAN ME



Participating in school breakfast is associated with improved math grades, attendance and punctuality! Our breakfast includes whole grain cinnamon rolls, reduced sugar cereals, yogurt parfaits, pancakes, breakfast bars, waffles and much more! Breakfast is served with fruit and milk.

To find your student's breakfast menu, visit our website at www.everettsd.org and click on MENUS or scan the QR code.

PAYMENT METHODS

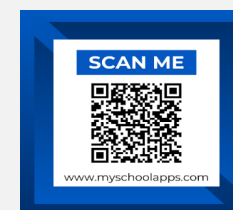


Make payments, set up low balance reminders, autopay, transfer funds and check transaction history online at:

www.MySchoolBucks.com. My School Bucks does charge a small fee when you make a payment online. All other features are free to use. Cash and checks will be accepted in the kitchens. Student's name and ID should be written on the check and sealed envelopes.

FREE/REDUCED MEAL FORM

The Free/Reduced application has been replaced with the Child Nutrition Eligibility & Education Benefit application (CNEEB). This application may qualify you for: meal benefits, Summer EBT benefits, reduced fees for other programs and activities, and/or help secure funding for your school. If your child(ren) are enrolled in a Community Eligibility Provision (CEP) school, completing this application will not impact your eligibility to receive meals at no cost but is required to receive the other above services. We encourage all families to complete the online application by scanning the QR code.



Monday

Tuesday

Wednesday

Thursday

Friday

31

No School -
Conferences
Elementary Schools Only

1

No School -
Conferences
Elementary Schools Only

2

Homemade
Cheesy Quesadilla
& Tortilla Soup

Black Bean Salsa

3

Golden Chicken
Strips & Chocolate
Bear Crackers

Skater Taters

4

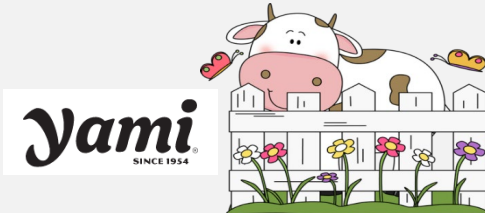



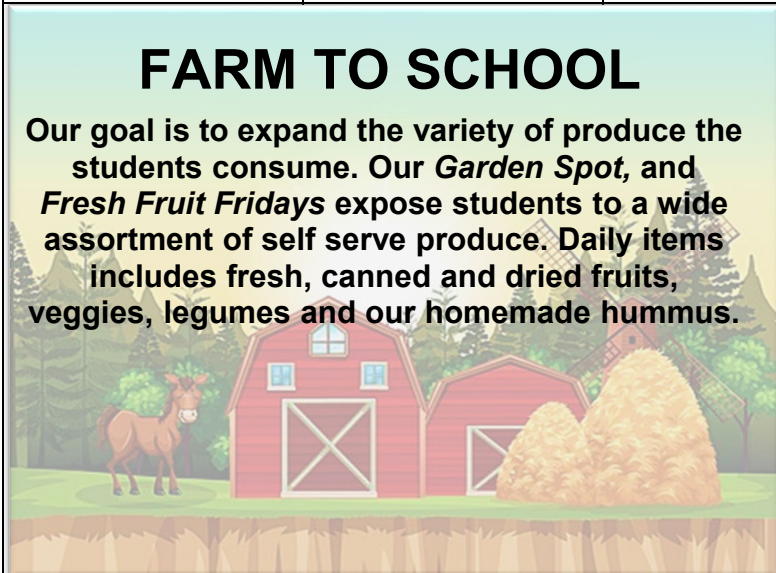
Chef's Choice
(check with your
school's kitchen)

Chef's Choice



No School Spring Break April 7-11



Monday		Tuesday		Wednesday		Thursday		Friday		DID YOU KNOW?																	
14 French Bread Pizza Boat Roasted Carrots		15 Macho Nacho Grande Bustlin' Refried Beans		16 Bistro Chicken Burger Wedge Potatoes		17 Drummin' Chicken Drumstick & Rock'n Roll Fluffy Mashed Potatoes		18 The Best Cheese Zombies Cabbage Patch Soup		<p>A favorite lunch is a Yogurt Combo which comes with a yogurt, string cheese, cracker and our homemade granola. The Yami yogurt we serve comes from Auburn Dairy Products, which has been around since 1923. James Rice, the original founder of Auburn Dairy Products, started the company and brought wholesome dairy products to his customers in Auburn, Washington. Yami Yogurt was created as a mid-century treat with milk sourced locally from neighbors who took immense pride in their farms. By partnering with regional dairy farms they have always supported the economy right where we live. This also contributes to a small carbon footprint, since the milk doesn't have to travel long distances.</p> <div></div> <div>SOCIAL MEDIA</div> <div><div></div><div>Find & follow us on social media using #EPS_Cafe</div></div> <div>RECIPES</div> <div><div></div><div>Find your favorite school recipes by scanning the QR code.</div><div><div>SCAN ME</div></div></div>																	
21 Creamy Chicken Alfredo over Penne Bright Broccoli Trees		22 Mighty Cheese Dippers Three Bean Chili		23 Mandarin Orange Chicken over Rice or Chana Masala Excellent Edamame		24 Café Kids Hamburger or Captain's Fish Sandwich Corn on the Cob		25 It's A Homemade Pizza! or Dancin' Corn Dog Classic Caesar Salad																			
28 Golden Chicken or Fish Nuggets & Cinnamon Bug Bite Crackers Garbanzo Bean Tomato Salad		29 Mr. Mario's Spaghetti & Meatballs with Garlic Toast Lean Green Beans		30 Mini Cheese Calzone Hummus & Veggie Sticks		1		2																			
<div><div><h2>FARM TO SCHOOL</h2><p>Our goal is to expand the variety of produce the students consume. Our <i>Garden Spot</i>, and <i>Fresh Fruit Fridays</i> expose students to a wide assortment of self serve produce. Daily items includes fresh, canned and dried fruits, veggies, legumes and our homemade hummus.</p></div></div>						<div><h3>Our hearty homemade granola recipe that we serve with our yogurt!</h3><p>Number of servings: 8 Serving Size: 1/4 cup</p><div>Ingredients:<table><tr><td>Oatmeal</td><td>6 oz</td><td>Salt</td><td>1/4 tsp</td></tr><tr><td>Sugar</td><td>2 oz</td><td>Cinnamon</td><td>1/2 tsp</td></tr><tr><td>Apple Juice</td><td>2 oz</td><td>Vanilla Extract</td><td>1/2 tsp</td></tr><tr><td>Canola Oil</td><td>2 tsp</td><td></td><td></td></tr></table></div><div>DIRECTIONS:<ol style="list-style-type: none">Put oats and sugar in large mixing bowl. Mix until combinedCombine apple juice, oil, cinnamon, salt and vanilla extract in another bowlPour apple juice mixture over the oats and sugar. Mix until evenly distributed. Don't overmix (mix should be crumbly)Spread mixture evenly on a sheet panBake at 250* for 1 hour and 15 minutesRemove from oven; let cool before servingEnjoy alone as a snack or pour over yogurt, cereal or ice cream!</div></div>						Oatmeal	6 oz	Salt	1/4 tsp	Sugar	2 oz	Cinnamon	1/2 tsp	Apple Juice	2 oz	Vanilla Extract	1/2 tsp	Canola Oil	2 tsp		
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