

**PRICES:**

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

DECEMBER



#EPS_Cafe
HIGH SCHOOL MENU
2019-2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Orange Chicken or Beef & Broccoli Broccoli Fresh & Canned Fruit Crisp Veggies & Dip	3 Gourmet Toasted Cheese Sandwich Tomato Soup Fresh & Canned Fruit Crisp Veggies & Dip	4 Orange Chicken or General Tso Chicken Vegetable Stir Fry Fresh & Canned Fruit Crisp Veggies & Dip	5 Chicken Drumstick with Corn on the Cob and Homemade Roll Au Gratin Potatoes Fresh & Canned Fruit Crisp Veggies & Dip	6 Chef's Choice. Check with your school. Fresh & Canned Fruit Crisp Veggies & Dip
9 Orange Chicken or Chicken Teriyaki Vegetable Stir Fry Fresh & Canned Fruit Crisp Veggies & Dip	10 Pulled BBQ Chicken Sandwich Seasoned Tater Tots Fresh & Canned Fruit Crisp Veggies & Dip	11 Orange Chicken or Teriyaki Beef Dippers Broccoli Fresh & Canned Fruit Crisp Veggies & Dip	12 Turkey Gravy, Mashed Potatoes and Homemade Roll Green Beans Fresh & Canned Fruit Crisp Veggies & Dip	13 Chef's Choice. Check with your school. Fresh & Canned Fruit Crisp Veggies & Dip
16 Orange Chicken or Beef & Broccoli Broccoli Fresh & Canned Fruit Crisp Veggies & Dip	17 Pasta Bar: Spaghetti or Chicken Alfredo & Garlic Toast Caesar Salad Fresh & Canned Fruit Crisp Veggies & Dip	18 Orange Chicken or General Tso Chicken Vegetable Stir Fry Fresh & Canned Fruit Crisp Veggies & Dip	19 Chicken Drumstick, Mashed Potatoes, Gravy & Roll Green Beans Fresh & Canned Fruit Crisp Veggies & Dip	20 Chef's Choice. Check with your school. Fresh & Canned Fruit Crisp Veggies & Dip



**WINTER BREAK DECEMBER 23, 2019
THROUGH JANUARY 3, 2020
HAVE A GREAT VACATION!**

**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

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

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



Your salad or wrap will be tossed right in front of you with your choice of homemade dressing.

Additional Daily Entrée Choices

Pizza & Cold Grab n' Go

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

**Hot Grab n' Go Line**

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

**Made to Order Fiesta Line**

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

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



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!

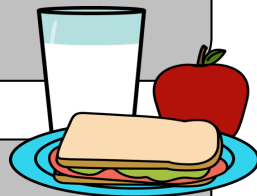
Our breakfast cereals are lower in sugar than the cereal available at grocery stores. All cereal served at schools are whole grain and have less than 9 grams of sugar per serving with no artificial sweeteners.



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

