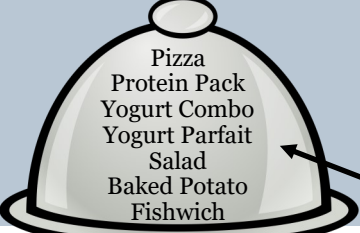




Monday	Tuesday	Wednesday	Thursday	Friday
6 Chicken Drumstick & Homemade Roll or Golden Nuggets Mashed Potatoes Sweet Blueberries Crisp Veggies & Dip	7 Macho Nacho Grande or Smothered Burrito Black Bean Salsa Perky Peaches Crisp Veggies & Dip	8 Orange Chicken or Beef & Broccoli Bright Broccoli Jumbled-Up Berries Crisp Veggies & Dip	9 Mama Mia's Spaghetti or Chicken Alfredo Classic Caesar Salad Chilly Strawberries Crisp Veggies & Dip	10 Cheeseburger or Bistro Chicken Burger Champion Corn Peppy Pears Crisp Veggies & Dip
13 Luigi's Lasagna & Garlic Toast or Mini Calzone Roasted Squash Plump Blueberries Crisp Veggies & Dip	14 Golden Chicken Strips or Specialty Pizza Emoji Potatoes Perfect Peaches Crisp Veggies & Dip	15 Tangy Chicken or Chicken Teriyaki Yummy Asian Salad Mixed-Up Berries Crisp Veggies & Dip	16 Homestyle Mac n' Cheese or Rib-B-Que Sandwich Bright Broccoli Sweet Strawberries Crisp Veggies & Dip	17 Cheeseburger or Bistro Chicken Burger Steamed Carrots Perky Pears Crisp Veggies & Dip
20 NO SCHOOL Martin Luther King Jr. Day 	21 Macho Nacho Grande or Bean & Cheesy Burrito Southwestern Salad Peppy Peaches Crisp Veggies & Dip	22 Mandarin Orange Chicken or Beef & Broccoli Bright Broccoli Jumbled-Up Berries Crisp Veggies & Dip	23 Golden Hot Dog Roll-Up or Cha-Cha Cheese Dippers Three Bean Chili Chilly Strawberries Crisp Veggies & Dip	24 Cheeseburger or Bistro Chicken Burger Yummy Broccoli Salad Perfect Pears Crisp Veggies & Dip
27 NO SCHOOL Teacher Work Day 	28 Wacky Waffles & Sizzlin' Sausage or Chicken Strips Perfect Potato Bites Perky Peaches Crisp Veggies & Dip	29 Tangy Chicken or Terrific Teriyaki Beef Dippers Vegetable Stir Fry Mixed-Up Berries Crisp Veggies & Dip	30 Cheese Zombie or Tasty Toasted Cheese Sandwich Cabbage Patch Soup Sweet Strawberries Crisp Veggies & Dip	31 Cheeseburger or Bistro Chicken Burger Crinkle Fries Peppy Pears Crisp Veggies & Dip

DID YOU KNOW? Our menu can also be found online at www.everettsd.org and then by clicking on the chef's hat. There is also an app you can access if you have the Everett Public Schools app downloaded on your mobile device. It can translate the menu into almost any language! Our online menu can also help plan your meal based on allergens. Check out this useful menu tool today!



- 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**

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

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

ADDITIONAL INFORMATION

- Online payments: 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.everettsd.org) and click on the chef's hat for more information.

This institution is an equal opportunity provider.

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. Check out the menu on the backside.

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

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

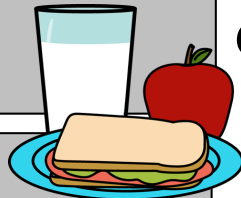


Did you know... Healthy Lunches!

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



Everett Public Schools
Food & Nutrition
425-385-4380

