

**PRICES:**

Student Lunch	\$3.25
Reduced Lunch	\$0.40
Student Breakfast	\$1.50
Reduced Breakfast	FREE
Adult Lunch with drink	\$4.25

FEBRUARY

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
3 Orange Chicken or Teriyaki Chicken Vegetable Stir Fry Fresh & Canned Fruit Crisp Veggies & Dip	4 Pasta Bar Pesto Ravioli & Garlic Toast Garden Medley Veggies Fresh & Canned Fruit Crisp Veggies & Dip	5 Orange Chicken or Teriyaki Beef Dippers Steamed Broccoli Fresh & Canned Fruit Crisp Veggies & Dip	6 Turkey Gravy over Mashed Potatoes with Homemade Roll Green Beans Fresh & Canned Fruit Crisp Veggies & Dip	7 Chef's Choice. Check with your school. Fresh & Canned Fruit Crisp Veggies & Dip
10 Orange Chicken or Beef & Broccoli Vegetable Stir Fry Fresh & Canned Fruit Crisp Veggies & Dip	11 Pasta Bar Spaghetti or Creamy Chicken Alfredo Classic Caesar Salad Fresh & Canned Fruit Crisp Veggies & Dip	12 Orange Chicken or General Tso Chicken Vegetable Stir Fry Fresh & Canned Fruit Crisp Veggies & Dip	13 Chicken Drumstick with Potato Salad and a Biscuit Baked Beans Fresh & Canned Fruit Crisp Veggies & Dip	14 Chef's Choice. Check with your school. Fresh & Canned Fruit Crisp Veggies & Dip
17 NO SCHOOL MID WINTER BREAK 	18 NO SCHOOL MID WINTER BREAK	19 Orange Chicken or Teriyaki Beef Dippers Steamed Broccoli Fresh & Canned Fruit Crisp Veggies & Dip	20 Chicken Drumstick with Mashed Potatoes & Biscuit Green Beans Fresh & Canned Fruit Crisp Veggies & Dip	21 Chef's Choice. Check with your school. Fresh & Canned Fruit Crisp Veggies & Dip
24 Orange Chicken or Beef & Broccoli Vegetable Stir Fry Fresh & Canned Fruit Crisp Veggies & Dip	25 Homemade Mac n' Cheese & Roll Classic Caesar Salad Fresh & Canned Fruit Crisp Veggies & Dip	26 Orange Chicken or General Tso Chicken Vegetable Stir Fry Fresh & Canned Fruit Crisp Veggies & Dip	27 Turkey Gravy over Mashed Potatoes with Homemade Roll Green Beans Fresh & Canned Fruit Crisp Veggies & Dip	28 Chef's Choice. Check with your school. Fresh & Canned Fruit Crisp Veggies & Dip
<div> <div> 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 </div> <div>  My Payments Plus is your way to stay informed of your meal account. Create a FREE account at: www.mypaymentsplus.com <ul style="list-style-type: none"> • To receive low balance push notifications • Make reoccurring automatic payments • Prepay (small fee for online payments & automatic payments) • View meal history purchases </div> <div> Breakfast is Offered Daily! Breakfast is served before school. See back of menu for more information.  </div> </div>				
Made to Order Salads & Wraps Select from a variety of fresh ingredients like: <ul style="list-style-type: none"> • Lettuce • Tomatoes • Cucumbers • Carrots • Broccoli • Peas • Beans • Chicken • Homemade Dressing 	Additional Daily Entrée Choices <div> <div> Pizza & Cold Grab n' Go <ul style="list-style-type: none"> • Cheese Pizza • Specialty Pizza • Pepperoni Pizza • Protein Pack • Yogurt Parfaits  </div> <div> Hot Grab n' Go Line <ul style="list-style-type: none"> • Hamburger • Chicken Burger • Fishwich • Chicken Strips • Cheese Dippers • Daily Rotating Item  </div> </div> <div>  Everett Public Schools Food & Nutrition is on Facebook, Twitter and Instagram. Look for #EPS_Cafe for posts regarding Food & Nutrition. </div>			Made to Order Fiesta Line Create your own nachos, taco salad, burrito or rice bowl by choosing from a variety of fresh ingredients like: <ul style="list-style-type: none"> • 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!

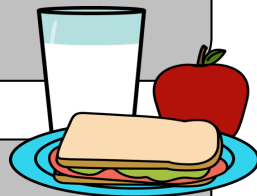
Our breakfast cereals are lower in sugar than the cereal available at grocery stores. All cereal served at schools are whole grain and have less than 9 grams of sugar per serving with no artificial sweeteners.



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



Everett Public Schools
Food & Nutrition
425-385-4380

