Welcome to the 2017-2018 School Year!

Epicurean Group, LLC is delighted to serve you and offer delicious and healthy foods, prepared fresh daily in our kitchen - served directly at your student's school. We want to share our love of good food! Whether you're a foodie, or just need to be assured that your student eats a balanced and nutritious lunch each day, we're happy to bring Epicurean Group's brand of foods to you and your family! We don't cut corners – we prepare, cook and season real food, made from scratch. There are a wide variety of foods that you'll be able to encourage your student to try as they explore new tastes, flavors and textures.

OUR GOAL – Making it Easy for You AND for Your Student to Love Lunch!

How lunch works – IT'S EASY!

- **Debit** account **-** Simply register and create a lunch account online at EZ Parent Center and follow the instructions. Parents can view student's purchases via parent portal as well as replenish the account at http://www.ezparentcenter.com/ Please see detailed instructions to register on our website.
  Cash at the point of purchase on an "as needed" or desired basis
- Daily Hot Lunch Menu and a la Carte Price List are published at the beginning of the school year. With few modifications, exceptions, or additions, the menus remain the same all year.
- WRITTEN COMMUNICATION IS REQUIRED FOR ALLERGY or DIETARY NOTES ON LUNCH ACCOUNTS. *We are here to make lunch EASY for you and your student.*
- *Questions about your student's account is phone call away – (713) 860-0041.*

1. **Regular Use Debit Account**
   - Requires online registration via parent portal
   - Unlimited use of account with full access via parent portal. Your student will be able to purchase items as needed. This account requires a credit balance in the account to be able to purchase. Lunch accounts may be replenished by going online and logging into the account that you create. If you chose to keep it on file, your credit card may be stored online by PayPal®.
   - Includes an annual registration fee, per family, per semester of $30.00. *This registration fee is billed to your regular use debit account.*

2. **Emergency Account – Forgot Lunch? Don't Worry, We Will Feed Your Student!**
   - Requires online registration via parent portal
   - Limited use – this account allows up to three purchases within a semester without imposing a registration fee. If there are more than three transactions, the Emergency Account converts to a Regular Use Debit Account. The $30.00 per family, per semester registration fee will then be applied to your account.

We've served Houston area private schools for over twenty years so we understand what kids want and should eat for well-balanced meals and optimum performance in school each day.

We stand behind our food 100%. If you are not satisfied with your meal, Epicurean Group will credit you and your next meal is on us!

Founded in the 1983, Epicurean Group is a full-service catering company,
serving corporate and private events, and
we continue to enjoy repeat clientele!
Call or visit our website for more information on our services and history

(713) 860-0041 • epicureangroup.school@gmail.com • www.epicureangroup.net • Facebook: Epicurean Group

Daily a la Carte Price List for St. Mark's Episcopal School 2017- 2018

Hot Daily Entrée Prices – Hot Lunch includes Ice Water

Pre-K -K* $ 6.00 ♦ 1st – 3rd $ 6.75 ♦ 4th – 5th $7.45 ♦ 6th - 8th $ 7.95

* **Pre-K-Kindergarten hot lunch entrée to include milk**

- Side Order of Meat (Example: Portion of hot entrée only) $ 4.65
- Side Order of Vegetable $ 2.45
- Sides of Entrée (only on the day served) $ 2.25
  ***Example**: 1 Chicken Tender ▪ 1 Taco*
- Side Order of Bread (when offered with entrée) $ .75

To promote a complete and healthful balanced meal, all entrées are served with all components

Salads, Sandwiches & Such

Baked Potato - Trimmings - Margarine, Sour Cream, Grated Cheese and Bacon $ 4.90
Extra cheese or bacon each $ .75 Add Chopped BBQ when available $ 1.95
Chef's Salad with Slivered Turkey, Ham and Grated Cheese w/house Ranch Large $ 6.50 Small $ 4.50
Grilled Chicken Caesar Salad Large $ 6.50 Small $ 4.50
Dinner Salad with Lettuce, Tomato, Onion, Peppers, Carrots $ 4.25
California Chicken Salad-Greens, Cranberries, Walnuts & Feta $ 6.75
Scoop of Tuna Salad or Chicken Salad over Chopped Lettuce and Tomato – with Saltines $ 4.25
Fresh Fruits in Season 1 cup boxed $3.75 5 oz. boxed $ 2.25
Pizza

- Cheese $ 3.00
- Pepperoni or Veggie (Mushroom, Black Olives, Bell Pepper, Onion) $ 3.50
- **Make it a Combo:** Cheese Pizza ♦ Vegetables of the day ♦ Apple or Orange ♦ Bottle of water $ 6.50
- **Make it a Combo:** Pepperoni/Veggie ♦ Vegetables of the Day ♦ Apple or Orange ♦ Bottle of Water $ 7.00

Grilled Hamburger $ 4.95

- **Make it a Combo**: Burger ♦ Ruffles Chips ♦ Apple or Orange ♦ Bottle of Water $ 6.95
  (other beverages and Baked Chips are priced separately)

Grilled Vegetarian Burger Trimmings – Lettuce, Tomato, Pickle, Onion, Mayonnaise, Mustard $ 4.95
Daily Made Sandwiches built on Multi-Grain Wheat Bread, Hoagie or Baguette
Oven Roasted Sliced Turkey ♦ Tuna Salad ♦ Sliced Ham Sandwich ♦ Chicken Salad $ 4.65
Add sliced cheese to any sandwich $ .75
Club Sandwich (Ham, Turkey, Bacon & Sliced cheese) $ 4.95
Flame Kissed Chicken Breast on Wheat Bun w/Srirachi Mayonnaise $ 5.50
SW Turkey Burger w/Lime Jalapeño Mayonnaise $ 5.95
Grilled Cheese on Wheat $ 3.85

Healthy Snacks & Sides

Mediterranean Box – Hummus, Pita & Fresh Vegetables $ 4.25
GoodProtein Box – String Cheese, Hard-cooked Egg, Sliced Apple, Nuts, Almonds and Flatbread $ 4.25
All-American Box – Crackers, Sliced Turkey, Colby Jack Cheese, Fresh Vegetables and Ranch $ 4.25
Warmed Edamame with Olive Oil and Sea Salt $ 2.25
Baked Chips ♦ Fat Free Yogurt ♦ Organic Applesauce $ 1.65
Fresh Fruit ♦ Gogurt ♦ Texas Chocolate Cake $ 1.25
Granola Bar $ 1.50 Kind Bar $ 1.95
Crudités Box - Fresh Carrots, Cherry Tomatoes, Celery Sticks, Sweet Peppers w/house Ranch $ 3.95
Oven Crisped Tater Tots $ 1.95
Low-fat Mozzarella String Cheese $ .95
Texas Chocolate Cake Square ♦ Jell-O cup $ 1.10
Ice Cream on Wednesday $ 1.50

Beverages – Ice Water from our dispensers FREE – all you can drink

Milk ½ pt. (2% White or 1% Chocolate) $ 1.10
Bottled Water $ 1.50 Sparkling waters $ 2.00
100% Juice Box $ 1.65 Bottled 100% Juice $ 1.95

Menu is subject per availability of the highest quality foods

We stand behind our food 100%. If you are not satisfied with your meal, we will credit you *and* your next meal is on us!

All Items are offered, although first choice is not guaranteed ♦ Prices are subject to change

Additionally, did you know we cater? We also prepare Family Meals made FRESH each week?

***** See our weekly newsletter for info on EASY EVENING DINNERS *****

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St. Mark's Episcopal School
DAILY HOT LUNCH MENU 2017 – 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	**Oven Baked Chicken Tenders** with Ranch **Chef's Choice of:** Roasted Sweet Potatoes or Mashed Potatoes Fresh Carrots, Zucchini, Yellow Squash, Broccoli and Peas	**Crispy or Soft Beef Tacos** Mexican Rice Vegetarian Refried Beans *Optional Trimmings available*: Shredded Lettuce, Grated Cheese, Picante Sauce and Sour Cream **Crispy Corn Taco Shell** **Soft Flour Tortillas**	**Cod Amandine** **or** **Oven Baked Cod** Homemade Mac and Cheese Peas and Carrots or Green Beans	**Spaghetti with Meat Sauce** Tossed Salad Garlic Bread **NOTE:** **Plain Pasta seasoned with olive oil** **OR** **Spaghetti with Meatless Marinara** ***PLEASE CALL OUR OFFICE TO REQUEST GLUTEN-FREE PASTA***	**Chef's Special Meal** **To be announced each week and posted in the dining hall** **Sample Selections below:** **Asian Stir Fry Rice** Pineapple and Fortune Cookies **BBQ Chicken Drumstick** House Baked Beans Cole Slaw **Soup and Sandwich** Variations to be announced **Cajun Red Beans, Rice and Sausage** Salad and French Bread **Chicken Tetrazzini** Green Salad and Garlic Toast **Sloppy Joes on a Bun** Baked Beans, Ruffles and Fresh Fruit **Hot Dogs with Chili and Cheese** Corn Chips and Fresh Fruit **Baja Fish Tacos** Mexican Rice or Pinto Beans Optional Trimmings: Shredded Lettuce or Cabbage, Grated Cheese, Salsa or Cilantro Lime Cream **Southwest Chicken Salad** Quesadillas with Salsa **Swedish Meatballs** Over Egg Noodles with Salad **Beef Enchilada Stack or King Ranch Chicken** Served with steamed rice and vegetables **Breakfast for Lunch** **Breakfast Tacos/Campfire Breakfast Casserole** Served with fresh fruit
WEEK B	**Wing-It** **Chef's Choice of:** BBQ, Oriental, Wild **Chef's Choice of:** Roasted Potatoes, Mashed Potatoes *or* Tater Tots Celery and Carrot Sticks with Ranch Dressing	**Marinated and Grilled Chicken Fajitas with Flour Tortillas** Black Beans Steamed Zucchini or **Chef's Choice** of Vegetables **Corn Tortillas available**	**Breakfast for Lunch** Pancakes and Syrup Link Turkey Sausage or Sliced Bacon Fresh Fruits in Season	**3-cheese Beef Lasagna** Tossed Salad Garlic Bread **OR** **Plain Pasta seasoned with olive oil** ***PLEASE CALL OUR OFFICE TO REQUEST GLUTEN-FREE PASTA***	
WEEK C	**Grilled Chicken Breast Sandwich** On a wheat Bun with Ranch or Honey Mustard and shredded Romaine Cold Pasta Vegetable Salad Ruffles	**Street Tacos** **Shredded Pork on Corn Tortillas** Dressed w/Lime Cilantro Crema Shredded Lettuce & Cabbage Pintos Watermelon Slice or Fruit in Season	**Wednesday - Wrap it Up** ***Example of Chef's Choices*** **Southwest** - Black Beans, Chicken, Veggies, Spicy Ranch **Chef's** - Ham, Turkey, Cheese, Romaine w/Ranch **California** – Chicken, Shredded Carrot, Romaine w/Catalina dressing ***Both served with*** Carrots, Celery and Ruffles	**Spaghetti with Meat Sauce** Tossed Salad Garlic Bread **NOTE:** **Plain Pasta seasoned with olive oil** **OR** **Spaghetti with Meatless Marinara** ***PLEASE CALL OUR OFFICE TO REQUEST GLUTEN-FREE PASTA***	
WEEK D	**Chicken Bowl** **Chef's Choice of:** **Asian/Mediterranean/ Sweet & Sour** Steamed Rice Broccoli & Carrots or Complementary Vegetables	**New Mexico Chicken and Sour Cream Enchilada Stack with Flour Tortillas** Mexican Rice Green Salad with Mandarin Oranges **Vegetarian Option** Cheese Quesadillas Served with above Sides	**Chopped BBQ on a Bun** Baked Beans Ruffles Fresh Fruit	**3-cheese Beef Lasagna** Tossed Salad Garlic Bread **OR** **Plain Pasta seasoned with olive oil** ***PLEASE CALL OUR OFFICE TO REQUEST GLUTEN-FREE PASTA***	

EZ Parent Center Directions

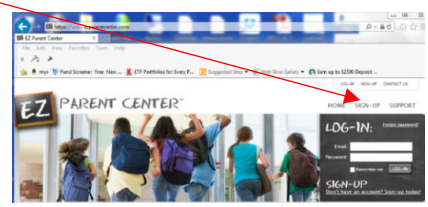
Parents create accounts with No Preordering

School Code: 77007

Below are the instructions for parents to create an account and request access to one or multiple students. After a successful sign-up you will be able to login right away and create or connect to your students. Some of the pages below may or may not exist in your account depending on the access the Epicurean Group gives to the parents.

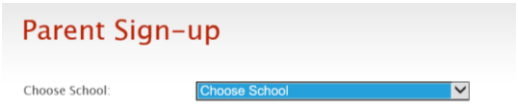
Parent Sign-up

1. Go to www.ezparentcenter.com .
2. Click on SIGN-UP.



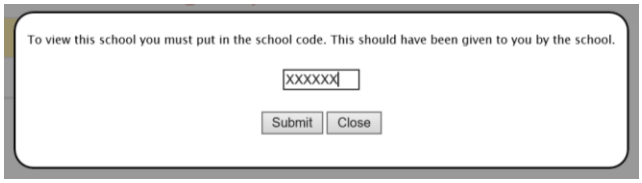
3. Type in the school's zip code in the box.

4. Click Search.
5. Use the dropdown to select your school. (If you have multiple students in the same school system then just choose a single school and submit the multiple student names. The school that receives the request will put the information in for the multiple schools.)

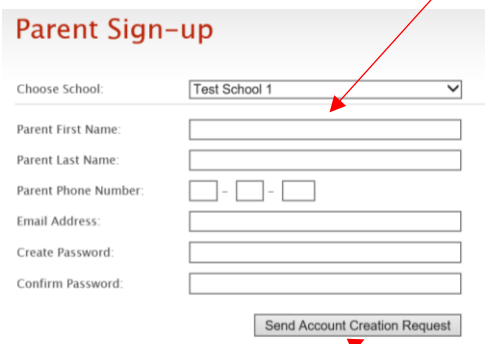


6. Fill in the code the school created for you. Please contact the school if you do not know the code.

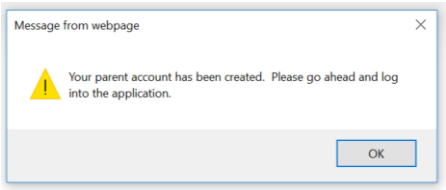
School Code: 77007



7. If the code is successful the below screen will appear. Type in your First Name in the box, the Last Name in the box, and your Email address in the box.

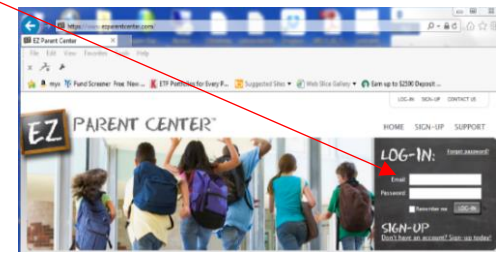


8. Type in a password in the Create Password box. Then type in your password a second time in the Confirm Password box.
9. Click Submit. (Your registration is successful if you see this box.)

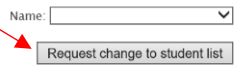


Parent Login

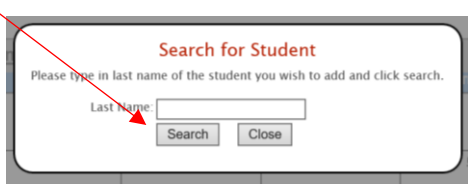
1. Go to www.ezparentcenter.com .
2. Login using your email address and password.



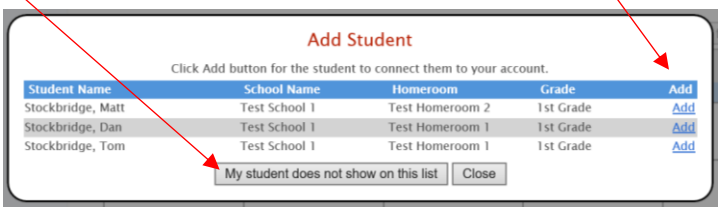
3. Click the Request change to student list button



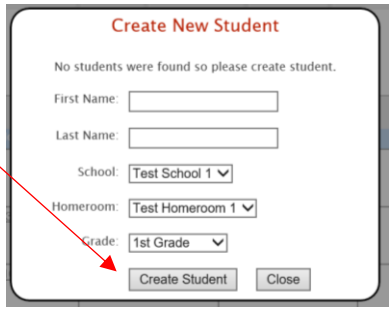
4. Type in the student last name and click Search button.



5. Click the Add button next to the student if you student is showing.
6. Click My student does not show on this list button if you do not see your student.

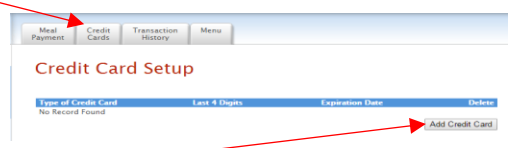


7. Put in Student information and click Create Student

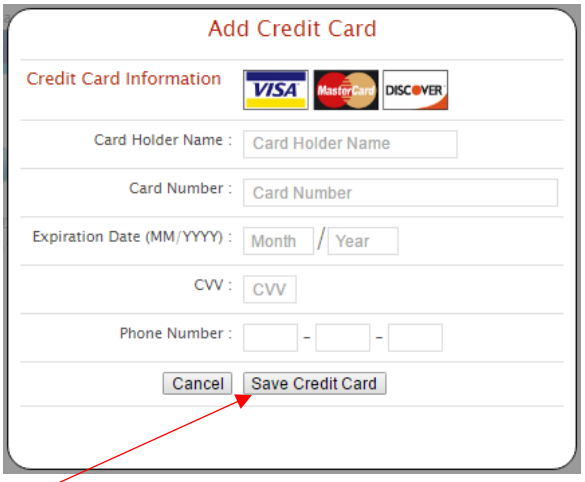


Adding a Credit Card **(A Paypal account is not required.)**

1. Click on the Credit Cards tab.



2. Click on Add Credit Card.

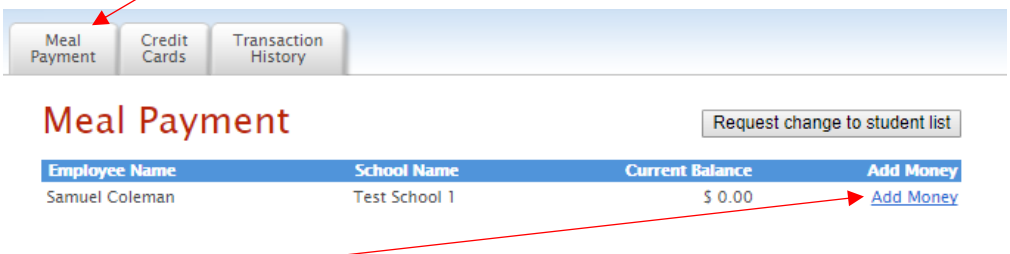


3. Add the above information about your credit card.
4. Click Save Credit Card.
5. For safety and security, the only numbers saved on our site are the last four digits of the credit card.

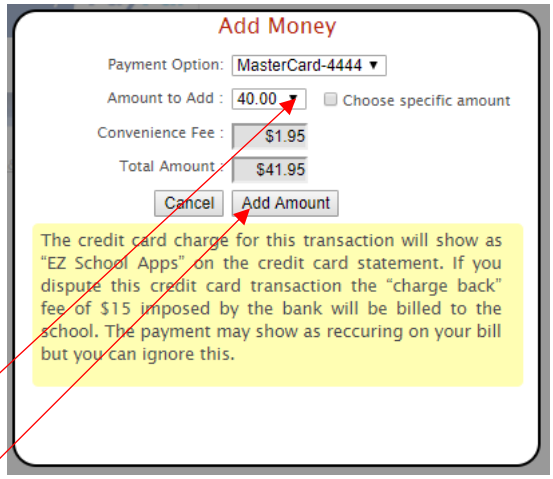
Using Your Credit Card to Add Money

Using Your Credit Card to Add Money

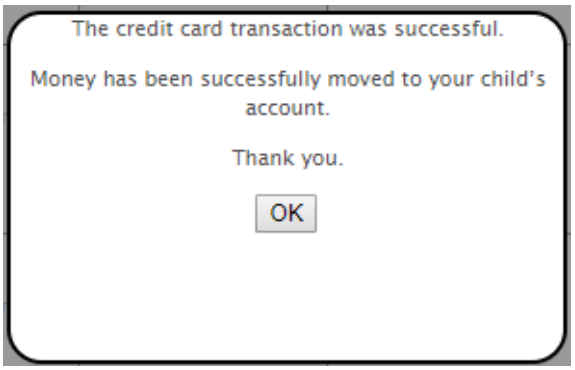
1. Click on the Meal Payment tab.



2. Click on Add Money for the correct student name.
3. Use the dropdown to choose the credit card.

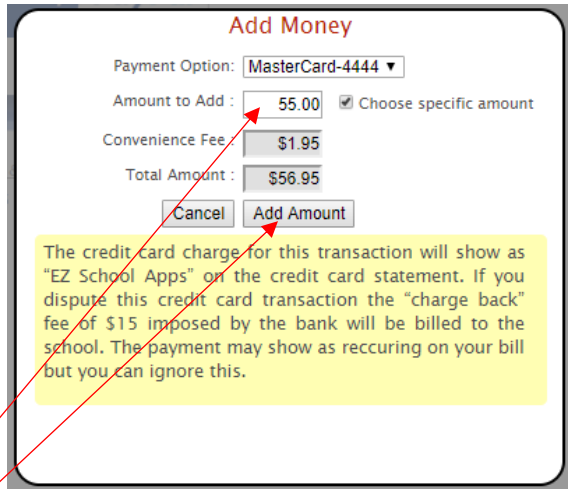


4. Use the dropdown to choose the amount to add.
5. Click on Add Amount.
6. You will get the following popup box when the transaction is successful.

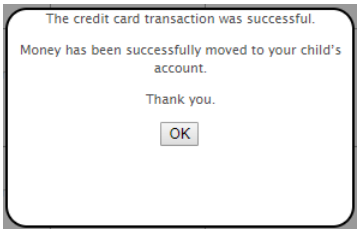


OR

7. Click on Choose specific amount if you want to add a specific amount funds to your student's account.



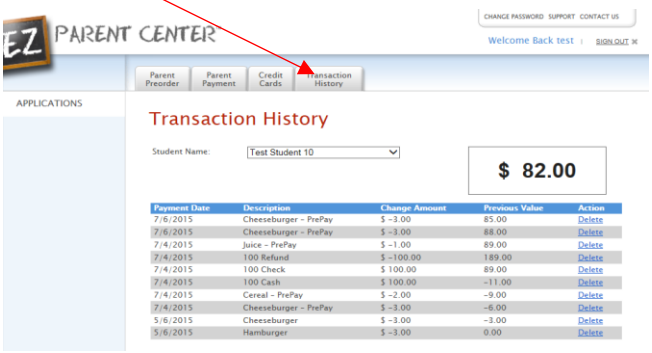
8. Type in the specific amount you want to add.
9. Click Add Amount.
10. You will get the following popup box when the transaction is successful.

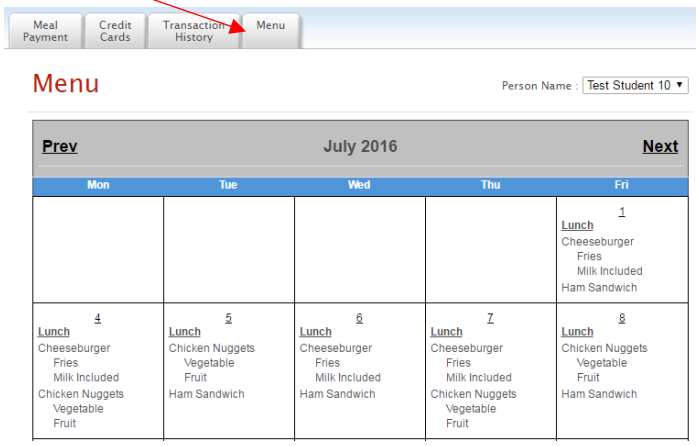


11. The credit card charge for this transaction will show as "EZ School Apps" on the credit card statement. If you dispute this credit card transaction the "charge back" fee of $15 imposed by the bank will not be paid by us, and you may be billed for fines by Epicurean Group.

Transaction History

1. Click on the Transaction History tab to see a current history of your student's payments and purchases.



Menu

1. Click on the Menu tab to see what meals are being served each day at the school. (Some schools do not use this feature.)