



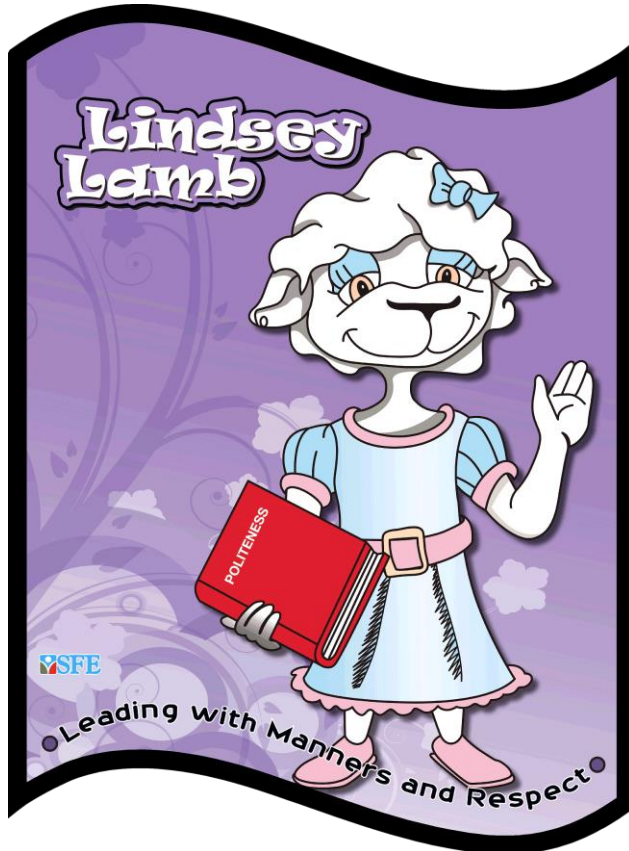
NOVEMBER 2015

Elementary Breakfast & Lunch Menus

LINDSEY LAMB'S



NUTRITION FACTS



Look for our "Try-It Tuesday" item, **Chocolate Chip Snack'n Waffles**, on the menu on November 17th!

Try-It
Tuesday

We will also be offering a **Thanksgiving** meal in November that includes a Roasted Turkey slices with roll along with cornbread stuffing. We will feature fresh green beans, mashed potatoes with gravy, cranberry sauce, and a delicious pumpkin bars!



November's **Vegetable of the month: Carrots!** We hope you will enjoy our **Orange Glazed Carrots!** Also, watch for our steamy crinkle-cut carrots as the hot vegetable and baby carrots on the salad bar daily.

Food Service Director: Alfredo Cartagena
Email: Alfredo.Cartagena@sfellc.org
Phone: (314) 413-1691



PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



Premier Charter School

ELEMENTARY BREAKFAST

Fresh Fruit and Juice Bar Served Daily!



November 2015

Monday

Tuesday

Wednesday

Thursday

Friday

2- Breakfast on a Stick w/Syrup
Assorted Fresh fruit and juice daily

3- Apple Cinnamon Muffin ♡
Assorted Fresh fruit and juice daily

4- Golden Biscuits & Gravy
Assorted Fresh fruit and juice daily

5- Snack 'n Maple Waffles w/Syrup ♡
Assorted Fresh fruit and juice daily

6- Egg & Turkey Sausage English Muffin Sandwich
Assorted Fresh fruit and juice daily

9- Pancakes w/Syrup ♡
Assorted Fresh fruit and juice daily

10- Whole Grain Golden Blueberry Muffin ♡
Assorted Fresh fruit and juice daily

11- Whole Grain Turkey Sausage & Cheese Bagel Sandwich
Assorted Fresh fruit and juice daily

12- Whole Grain Golden Waffles w/Syrup ♡
Assorted Fresh fruit and juice daily

13- French Toast Sticks w/Syrup ♡
Assorted Fresh fruit and juice daily

16- Whole Wheat Bagel w/Cream Cheese ♡
Assorted Fresh fruit and juice daily

17- **Chocolate Chip Waffle w/Syrup ♡**
Assorted Fresh fruit and juice daily

Try-It Tuesday

18- Golden Biscuits & Gravy
Assorted Fresh fruit and juice daily

19- Pineapple & Vanilla Yogurt Parfait w/Graham Cracker ♡
Assorted Fresh fruit and juice daily

20- No School

23- Golden Mini Blueberry Pancakes w/Syrup ♡
Assorted Fresh fruit and juice daily

24- Turkey Sausage & Cheese English Muffin Sandwich
Assorted Fresh fruit and juice daily

Promotions
Try our new "Chocolate Chip Snack'n Waffle" on November 17th!



Served Every Day...
Assorted WG Low-Sugar Cereal
Toast w/Margarine

30- Apple Cinnamon Muffin ♡
Assorted Fresh fruit and juice daily

Elementary Menu Meal Prices

Paid Lunch.....\$2.80	Paid Breakfast.....\$1.60	
Reduced Lunch.....\$0.50	Reduced Breakfast.....\$0.25	
Staff/Adult Lunch.....\$3.50	Staff/Adult Breakfast.....\$2.75	Milk.....\$0.25

Milk
Reduced Fat Milk Variety Offered Daily

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Premier Charter School

ELEMENTARY LUNCH

Fresh Fruit and Vegetable Bar Served Daily!



Monday

Tuesday

Wednesday

Thursday

Friday

November 2015

2- Turkey Sub
Crunchy Bean & Cheese Tostada w/Rice ✓
Crispy Whole Grain Chicken Nuggets w/Wheat Roll
Steamed Broccoli

3- Red Thai Chicken Stir Fry w/Rice
Whole Grain Grilled Turkey Ham & Cheese
BBQ Chicken Salad
Crinkle Cut Carrots;

4- Wheat Cordon Blue Chicken Patty Sandwich
Baked Rotini w/Vegetables ✓
Chicken Garden Salad
Green Beans

5- Whole Grain Savory Meatball Sub
Whole Grain Cheesy Chicken Quesadilla
Whole Grain Turkey Ham & Cheese Wrap
Golden Crispy Tater Gem

6- Whole Grain Macaroni & Cheese ✓
Oven Baked BBQ Chicken Pizza
Chef Salad
Peas & Carrots

9- Whole Grain Goopy Grilled Cheese Sandwich ✓
Orange Chicken w/Rice
Crispy Wheat Fish Patty Sandwich
Italian Mixed Vegetables

10- Savory Hamburger
Turkey Melt Sandwich
Southwest Chicken Salad
Steamed Broccoli

11- **Roasted Turkey Slices w/Dinner Roll and Cornbread Stuffing**
Fresh Green Beans
Mashed Potatoes w/Gravy
Cranberry Sauce
Pumpkin Bars
Grill Cheese ✓
Apple Slices



12- Chicken Soft Tacos
Chunky Wheat Chili Dog
Turkey Taco Salad
Mexicorn

13- Goopy Baked Cheese Pizza ✓
Beef & Broccoli Stir Fry w/Rice
Chef Salad
Peas

16- Whole Grain Turkey Sandwich
Whole Grain Popcorn Chicken w/Roll
Macaroni & Cheese ✓
Steamed Broccoli

17- Whole Grain Homemade Chicken Burrito
Country Fried Steak w/Roll
Chicken Caesar Salad
Orange Glazed Carrots;

18- Savory Wheat Cheeseburger
Chicken Fried Rice
Fresh Garden Salad ✓
Sweet Potato Tots

19- Spaghetti w/Meatballs on the side
Whole Grain Cheese Quesadilla ✓
Ham Sub
Peas

20- No school

23- Wheat Turkey Hot Dog
Pretzel Bun Grill Cheese Sandwich ✓
Whole Grain Turkey Ham and cheese Wrap
Italian Mixed Vegetables

24- Creamy Chicken Alfredo w/Whole Grain Breadstick
Turkey Ham & Cheese Salad
Crisp Whole Grain Fish Nuggets ✓
Pease & Carrots

25-

26-



HAPPY THANKSGIVING!

30- Whole Grain Southwest Veggie Wrap ✓
Chef Salad w/Roll
Chicken Nuggets
Steamed Broccoli

Menu is subject to change
Grill cheese is available if vegetarian option is not on menu
✓ = Vegetarian Option

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Reduced Fat Milk
Variety Offered Daily

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