



# SEPTEMBER 2015

## Elementary Breakfast & Lunch Menus



### Chef Manny Panda's Promotion

Look for our September promotions! The first features the **banana** as our "Fruit of the Month." While you may be used to eating bananas for breakfast, you might be interested in their numerous health benefits 😊 For starters, bananas are a great source of **potassium**, a mineral that can help to maintain normal blood pressure. Bananas also contain heart-healthy fiber and are naturally sweet. The latter makes them a healthy topping on a whole-grain cereal.

Finally, Premier and SFE would like to promote how important physical fitness is for overall health and from an academic standpoint. That's right! The more fit you are, the more likely you will be to excel in school. Check out the **NFL's Play 60** website at <http://www.nflrush.com> and check out the numerous ways that you can get moving!



Food Service Director: Alfredo Cartagena  
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Phone: (314) 413-1691



### SCHOOL WORDS

Find and circle the school words!



Y Z N O T E S E P P  
C A A A C S U R O C  
O R W R H H E A E H  
M E A J A S M S F W  
P A F E L R T E V Y  
U D T U K K K R G W  
T I T E A C H E R S  
E N W R I T I N G D  
R G H P E N C I L F  
H B O O K S M A T H

Featured Fruit

BOOKS	MATH	TEACHER
CHALK	NOTES	WRITING
COMPUTER	PENCIL	
ERASER	READING	

### 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!

Monday

Tuesday

Wednesday

Thursday

Friday

**Fruit of the Month!**  
Bananas: packed with potassium, fiber, and natural sweetness.

7- **NO SCHOOL!**

1- 1- Egg, Turkey Sausage & Cheese English Muffin  
Apple Juice, Diced Pears,  
**Fresh Banana**

2- Waffle Sticks w/ Syrup  
Orange Juice, Pineapple Tidbits,  
Fresh Orange

3- Pineapple & Vanilla Yogurt  
Parfait w/ Graham Crackers  
Apple Juice, Fruit Cocktail,  
Fresh Apple

4- Banana Muffin  
Grape juice, Applesauce, Fresh  
Orange

8- Whole Wheat Bagel w/  
Cream Cheese  
Apple Juice, Fruit Cocktail,  
Fresh Orange

9- Egg, Turkey Sausage, &  
Cheese Biscuit Sandwich  
Orange Juice, Sliced Peaches,  
Fresh Grapes

10- Oatmeal  
Orange juice, Pineapple Tidbits,  
Fresh Apple

11- Blueberry Muffin  
Apple Juice, Diced Pears, Fresh  
Orange

14- Turkey Sausage Breakfast  
Pizza  
Grape Juice, Mandarin  
Oranges, Fresh Apple

15- Egg & Cheese Bagel  
Sandwich  
Apple Juice, Diced Pears, Fresh  
Orange

16- Cinnamon Roll  
Orange Juice, fruit Cocktail,  
**Fresh Banana**

17- Breakfast on a Stick w/  
Syrup  
Orange Juice, Pineapple  
Tidbits, Fresh Apple

18- Apple Cinnamon Muffin  
Apple Juice, Fruit Cocktail,  
Fresh Orange

21- Colby Cheese Omelet w/  
Chunky Hash browns  
Grape Juice, Applesauce, Fresh  
Orange

22- Biscuits & Gravy  
Orange Juice, Sliced Peaches,  
**Fresh Banana**

23- Egg & Turkey Sausage  
English Muffin Sandwich  
Assorted Low Sugar Cereal

24- Whole Grain Pancakes w/  
Syrup  
Orange Juice, Pineapple  
Tidbits, Fresh Apple

25- Professional Development  
Day

28- Blueberry Muffin  
Apple juice, Diced Pears, fresh  
Orange

29- Sausage & Cheese Bagel  
Sandwich  
Grape Juice, Applesauce,  
**Fresh Banana**

30- Waffles w/ Syrup  
Apple Juice, Pineapple Tidbits,  
Fresh Orange

**Served Every Day...**  
Assorted WG Low-Sugar Cereal  
WG Toast and Margarine/Jelly  
Nutri-Grain Bar

Food Service Director: Alfredo Cartagena - Email: [Alfredo.Cartagena@sfc.org](mailto:Alfredo.Cartagena@sfc.org); Phone: (314) 413-1691

### Elementary Menu Meal Prices

**Milk**  
Reduced Fat Milk Variety  
Offered Daily



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

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September 2015



# Premier Charter School

## ELEMENTARY LUNCH



Fresh Fruit and Vegetable Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

1 - Turkey Sausage Pizza  
Beef Dipper Sliders  
Chef Salad w/ Crackers  
Crinkle Cut Carrots

2 - Chicken Tenders w/ Roll  
Turkey Ham & Cheese Sandwich  
Southwest Veggie Wrap V Steamed Broccoli

3- Beef Tacos  
Bean & Cheese Burrito V  
Southwest Chicken Salad w/ Crackers  
Peas & Carrots

4- Hamburger  
Pepperoni Pizza  
Chef Salad w/ Crackers  
Tater Gems

7-



8 - Baked Rotini  
w/ Veggies V  
Spicy Chicken Sandwich  
Crispy Chicken Salad  
Crinkle Cut Carrots

9- Pepperoni Pizza  
Teriyaki Chicken w/ Brown Rice  
Turkey Ham & Cheese Wrap  
Corn

10- Chicken Alfredo  
Cheeseburger  
Turkey & Cheese Sub  
Steamed Broccoli

11- Grilled Turkey Ham & Cheese  
Sandwich  
Beefy Macaroni w/ Roll  
Chicken Caesar Salad w/ Crackers  
Seasoned Potato Wedges

14 - Bean & Cheese  
Burrito V  
Southwest Chicken Salad  
Chicken Patty Sandwich  
Italian Mixed Veggie

15 - Chicken Nachos  
Southwest Veggie Wrap V  
Turkey Taco Salad  
Mexicorn

16 - Fish Patty Sandwich  
Hawaiian Pizza  
Turkey & Cheese Wrap  
Crinkle Cut Carrots

17 - Grilled Cheese Sandwich V  
Turkey Sub  
Cordon Bleu Chicken Patty Sandwich  
Corn

18 - Spaghetti w/ Meat sauce & Breadstick  
Turkey Ham & Cheese Salad  
Hamburger  
Tater Gems

21- Chicken Nuggets w/ Roll  
Turkey Corn Dog  
Chicken Garden Salad  
Seasoned Potato Wedges

22 - Beef Quesadilla  
Italian Chicken Salad  
Turkey & Cheese Wrap  
Green Beans

23 - Turkey Sausage Pizza  
Beef Dipper Sliders  
Chef Salad w/ Crackers  
Steamed Broccoli

24- Orange Chicken w/ Brown Rice  
Beef Ravioli w/ Roll  
Turkey Ham & Cheese Wrap  
Italian Mixed Veggies

25- Professional Development  
Day

28 - Hamburger  
Cheese Quesadilla  
Turkey & Cheese Sub  
Corn

29- Grilled Turkey Ham & Cheese  
Sandwich  
Chicken Patty Sandwich  
Southwest Chicken Salad  
Peas & Carrots

30- Chicken Tacos  
Grilled Cheese Sandwich  
Turkey Taco Salad  
Mexicorn

Menu is subject to change  
All recipes contain whole  
grains  
Vegetarian items V

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**Milk**

Reduced Fat Milk Variety  
Offered Daily



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