



April 2018

Adult Meal Pricing Breakfast: \$2.75 Lunch: \$3.65

Student Meal Pricing Breakfast Full Pay: \$1.64 Breakfast Reduced Pay: \$0.25 Lunch Full Pay: \$3.31 Lunch Reduced Pay: \$0.50

Premier Charter Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 - Melted Colby Cheese Omelet - Whole Grain Brown Rice Krispies - Frosted Flakes - Trix - Cocoa Puffs	3 - Whole Grain Apple Frudel - Banana Peach Smoothie w/ Graham Crackers - Cinnamon Toast Crunch - Cocoa Puffs - Gluten Free Rice Chex - Cheerios	4 - Whole Grain Breakfast Sausage & Cheese Pizza - Whole Grain Brown Rice Krispies - Trix - Fruity Froot Loops - Gluten Free Rice Chex	5 - Whole Grain Biscuits & Gravy - Strawberry Pineapple Smoothie - Frosted Flakes - Fruity Froot Loops - Gluten Free Rice Chex - Cheerios	6 - Fluffy Jumbo Waffles - Syrup - Whole Grain Brown Rice Krispies - Frosted Flakes - Golden Grahams Cereal - Cinnamon Toast Crunch
9 - Mini Golden Blueberry Pancakes - Trix - Whole Grain Brown Rice Krispies - Frosted Flakes - Cocoa Puffs	10 - Breakfast Banana Split - Peach Smoothie w/ Graham Crackers - Cheerios - Golden Grahams Cereal - Apple Jacks Cereal - Trix	11 - Whole Grain Egg & Sausage Biscuit Sandwich - Whole Grain Brown Rice Krispies - Frosted Flakes - Golden Grahams Cereal - Cheerios	12 - Whole Grain Cinnamon Roll - Pineapple Smoothie - Apple Jacks Cereal - Frosted Flakes - Cinnamon Toast Crunch - Gluten Free Rice Chex	13 - Mini Bagels w/ Strawberry Cream Cheese - Golden Grahams Cereal - Frosted Flakes - Whole Grain Brown Rice Krispies - Cinnamon Toast Crunch
16 - Strawberry Yogurt - Trix - Frosted Flakes - Cheerios - Golden Grahams Cereal	17 - Peach Oatmeal - Apple Jacks Cereal - Cocoa Puffs - Raisin Bran - Cinnamon Toast Crunch - Strawberry Banana Smoothie	18 - Whole Grain Biscuits & Gravy - Frosted Flakes - Apple Jacks Cereal - Fruity Froot Loops - Whole Grain Brown Rice Krispies	19 - Whole Grain Golden Blueberry Muffin - Frosted Flakes - Trix - Whole Grain Brown Rice Krispies - Cocoa Puffs - Very Berry Smoothie	20 - Whole Grain Breakfast Sausage & Cheese Pizza - Gluten Free Rice Chex - Raisin Bran - Frosted Flakes - Fruity Froot Loops
23 - Whole Wheat Bagel - Reduced Fat Cream Cheese - Whole Grain Brown Rice Krispies - Frosted Flakes - Trix - Cocoa Puffs	24 - Homemade Egg & Cheese Burrito - Mango, Peach, & Banana Smoothie w/ Graham Crackers - Cocoa Puffs - Cheerios - Cinnamon Toast Crunch - Gluten Free Rice Chex	25 - Whole Grain Cinnamon Roll - Whole Grain Brown Rice Krispies - Trix - Golden Grahams Cereal - Cinnamon Toast Crunch	26 - Warm Breakfast on a Stick - Strawberry Mango Smoothie - Frosted Flakes - Fruity Froot Loops - Cheerios - Gluten Free Rice Chex - Syrup	27 - Fluffy Banana Muffin - Frosted Flakes - Raisin Bran - Golden Grahams Cereal - Whole Grain Brown Rice Krispies
30 - Melted Colby Cheese Omelet - Whole Grain Brown Rice Krispies - Frosted Flakes - Trix - Cocoa Puffs				

Beverages Offered Daily:White 1% Low Fat Milk (13g) , Fat Free White Milk (13g) , Fat Free Chocolate Milk (20g) , Water Pouch

Fresh Fruit & 100% Fruit Juice Selection Offered Daily:Orange (15g) , Banana (27g) , Apple (21g) , Orange Juice (14g) , Apple Juice (14g) , Grape Juice (19g)

Offered Daily at Breakfast:Whole Grain Toast w/ Margarine (12g) , Jelly Packet (7g) , Strawberry Nutrigrain Bar (30g) , Whole Grain Apple Cinnamon Nutrigrain Bar (30g)

More Details: <http://premiercharterschool.nutrislice.com/menu/premier-lower/breakfast/>

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