



# March 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
			<b>1</b>	<b>2</b>
			<ul style="list-style-type: none"> <li>Warm Breakfast on a Stick</li> <li>Whole Grain Brown Rice Krispies Cereal</li> <li>Frosted Flakes Cereal</li> <li>Fruity Froot Loops Cereal</li> <li>Cheerios Cereal</li> <li>Pineapple Mango Smoothie W/ Graham Crackers</li> <li>Syrup Packet</li> </ul>	<ul style="list-style-type: none"> <li>Fluffy Banana Muffin</li> <li>Frosted Flakes Cereal</li> <li>Raisin Bran Cereal</li> <li>Golden Grahams Cereal</li> <li>Whole Grain Brown Rice Krispies Cereal</li> </ul>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<ul style="list-style-type: none"> <li>Melted Colby Cheese Omelet</li> <li>Whole Grain Brown Rice Krispies Cereal</li> <li>Frosted Flakes Cereal</li> <li>Trix Cereal</li> <li>Cocoa Puffs Cereal</li> </ul>	<ul style="list-style-type: none"> <li>Whole Grain Apple Frudel</li> <li>Banana Peach Smoothie W/ Graham Crackers</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Cocoa Puffs Cereal</li> <li>Gluten Free Rice Chex Cereal</li> <li>Cheerios Cereal</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Breakfast Flatbread Pizza</li> <li>Whole Grain Brown Rice Krispies Cereal</li> <li>Trix Cereal</li> <li>Fruity Froot Loops Cereal</li> <li>Gluten Free Rice Chex Cereal</li> </ul>	<ul style="list-style-type: none"> <li>Whole Grain Biscuits &amp; Gravy</li> <li>Icy Strawberry Pineapple Smoothie</li> <li>Frosted Flakes Cereal</li> <li>Gluten Free Rice Chex Cereal</li> <li>Fruity Froot Loops Cereal</li> <li>Cheerios Cereal</li> </ul>	<ul style="list-style-type: none"> <li>Strawberry Banana &amp; Graham Crackers Yogurt Parfait</li> <li>Whole Grain Brown Rice Krispies Cereal</li> <li>Frosted Flakes Cereal</li> <li>Golden Grahams Cereal</li> <li>Cinnamon Toast Crunch Cereal</li> </ul>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<ul style="list-style-type: none"> <li>Mini Golden Blueberry Pancakes</li> <li>Trix Cereal</li> <li>Whole Grain Brown Rice Krispies Cereal</li> <li>Frosted Flakes Cereal</li> <li>Cocoa Puffs Cereal</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Pig in a Blanket Lunch</li> <li>Peach Smoothie W/ Graham Crackers</li> <li>Cheerios Cereal</li> <li>Golden Grahams Cereal</li> <li>Apple Jacks Cereal</li> <li>Trix Cereal</li> </ul>	<ul style="list-style-type: none"> <li>Egg &amp; Sausage Sandwich on a Whole Grain Biscuit</li> <li>Whole Grain Brown Rice Krispies Cereal</li> <li>Frosted Flakes Cereal</li> <li>Golden Grahams Cereal</li> <li>Cheerios Cereal</li> </ul>	<ul style="list-style-type: none"> <li>Whole Grain Cinnamon Roll with Icing</li> <li>Pineapple Smoothie</li> <li>Apple Jacks Cereal</li> <li>Frosted Flakes Cereal</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Gluten Free Rice Chex Cereal</li> </ul>	<b>Conferences- No School</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<ul style="list-style-type: none"> <li>Strawberry Oatmeal</li> <li>Whole Grain Brown Rice Krispies Cereal</li> <li>Frosted Flakes Cereal</li> <li>Trix Cereal</li> <li>Cocoa Puffs Cereal</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Egg &amp; Cheese Burrito 9"</li> <li>Icy Very Berry Smoothie</li> <li>Cocoa Puffs Cereal</li> <li>Cheerios Cereal</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Gluten Free Rice Chex Cereal</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Bagel</li> <li>Whole Grain Brown Rice Krispies Cereal</li> <li>Trix Cereal</li> <li>Golden Grahams Cereal</li> <li>Cinnamon Toast Crunch Cereal</li> <li>Reduced Fat Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Warm Breakfast on a Stick</li> <li>Strawberry Banana Smoothie</li> <li>Frosted Flakes Cereal</li> <li>Fruity Froot Loops Cereal</li> <li>Cheerios Cereal</li> <li>Gluten Free Rice Chex Cereal</li> <li>Syrup Packet</li> </ul>	<ul style="list-style-type: none"> <li>Fluffy Banana Muffin</li> <li>Frosted Flakes Cereal</li> <li>Raisin Bran Cereal</li> <li>Golden Grahams Cereal</li> <li>Whole Grain Brown Rice Krispies Cereal</li> </ul>

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: Fresh Orange (15g) , Fresh Banana (27g) , Fresh Apple (21g) , Orange Juice (14g) , Apple Juice 4oz (14g) , Grape Juice (19g)

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

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

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