





PREMIER CHARTER SCHOOL

Fresh Ideas for Breakfast

MAY				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 English Muffin Turkey Sausage Fresh Fruit Milk
4 Yogurt Graham Crackers Fresh Fruit Milk	5 Bagel Egg Patty Fruit Juice Milk	6 Breakfast Potatoes Turkey Sausage Fruit Smoothie Milk	7 Cinnamon Roll Fruit Juice Milk	8 Yogurt Graham Crackers Fresh Fruit Milk
11 Cereal Granola Bar Fruit Juice Milk	12 Pancake on a Stick Fruit Juice Milk	13 Egg Patty with Cheese on a Bun Fresh Fruit Milk	14 Fruit Muffin Yogurt Fruit Juice Milk	15 Croissant Turkey Sausage Fresh Fruit Milk
18 Yogurt Graham Crackers Fresh Fruit Milk	19 French Toast Turkey Sausage Fruit Juice Milk	20 Biscuit with Gravy Chicken Fruit Smoothie Milk	21 Cereal Fruit Muffin Fruit Juice Milk	22 No School Subject to Change
25 Memorial Day No School	26 Fruit Muffin String Cheese Fruit Juice Milk	27 Pancake on a Stick Fresh Fruit Milk	28 Biscuit with Jelly Fruit Juice Milk	29 Yogurt Graham Crackers Fresh Fruit Milk



Nutrition Tip: Try something new! Fruits and vegetables are packed full of vitamins and minerals. Be sure to try new fruits and veggies to see which ones you like the best.

Contact: cthomas@freshideasfood.com | Online: freshideasllc.com/menus/charter
All Fresh Ideas menus are subject to change due to product shortage or program needs.



PREMIER CHARTER SCHOOL

Fresh Ideas for Lunch

MAY				
Monday	Tuesday	Wednesday	Thursday	Friday
			<i>Milk Served Daily</i>	1 Papa John's Pizza Mixed Greens Salad Peaches No 2nd Choice
4 Meatball Sub on Bun Mixed Vegetables Pears 2nd Choice: Hamburger	5 Cinco de Mayo Soft Beef Taco Corn Spanish Rice Banana 2nd Choice: Salad Bar	6 Grilled Chicken Sandwich on Whole Grain Wheat Bun Baked Beans Peaches 2nd Choice: Sloppy Joe	7 Spaghetti with Meatballs Whole Grain Wheat Roll Green Beans Fruit Cocktail 2nd Choice: Salad Bar	8 Chicken Nuggets Great Northern Beans Whole Wheat Bread Pineapple 2nd Choice: Cheese Quesadilla
11 Hot Dog on Whole Grain Wheat Bun Tater Tots Green Beans Grapes 2nd Choice: Cheese Quesadilla	12 Chicken Parmesan on Whole Grain Wheat Bun Carrots Tropical Fruit 2nd Choice: Salad Bar	13 Taco Salad Refried Beans Lettuce & Tomato Sliced Apples 2nd Choice: Crispito	14 Chicken Pot Pie Peas & Carrots Applesauce Cornbread 2nd Choice: Salad Bar	15 Turkey Sub on Whole Wheat Roll Celery with Dip Apple No 2nd Choice
18 Turkey Corn Dogs Baby Carrots & Dip Mac & Cheese Diced Peaches 2nd Choice: Fish Sandwich	19 Chicken Nuggets Yams Tropical Fruit 2nd Choice: Salad Bar	20 Beef & Bean Burrito Baja Corn & Black Beans Fresh Strawberries 2nd Choice: BBQ Chicken Sandwich on Bun	21 Baked Ziti with Garlic Breadstick Steamed Broccoli Fresh Fruit 2nd Choice: Salad Bar	22 No School Subject to Change
25 Memorial Day No School	26 Toasted Ravioli with Marinara Sauce Green Beans Banana	27 Salisbury Steak Mashed Potatoes Peas Applesauce 2nd Choice: Fish Sandwich on Bun	28 Sloppy Joe on Whole Grain Wheat Bun Normandy Blend Mixed Fruit 2nd Choice: Salad Bar	29 Last Day of School Turkey Sub on Whole Wheat Roll Celery with Dip Apple No 2nd Choice

The USDA is an equal opportunity provider and employer.

Breakfast and Lunch menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and Vitamins A & C. No fried foods are served. In addition, fresh fruit is offered a minimum of 3 times per week. All menus are approved by our Corporate Dietitian: Pat Holmes, RD.