



February 2018

Premier Charter Lunch

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

			1	2
			<ul style="list-style-type: none"> • Southwest Chicken Salad W/ Salsa • Classic Chicken Fried Rice • Savory Meatball Sub • Cooked Green Beans • Fresh Apple • Diced Peaches 	<ul style="list-style-type: none"> • Garlic Chicken Spaghetti with Breadstick • Savory Cheese Pizza • BBQ Chicken Pizza • Cooked Smooth Cut Carrots • Fresh Banana • Juicy Mandarin Oranges
5	6	7	8	9
<ul style="list-style-type: none"> • Southwest Veggie Wrap • Chicken Tenders W/ Roll • Grilled Cheeseburger • Juicy Pineapple Chunks • Fresh Sliced Oranges • Oven Baked Potato Wedges 	<ul style="list-style-type: none"> • Italian Chicken Salad with Whole Grain Crackers • Chicken Parmesan Sub • Chicken Nugget Potato Bowl w/ Roll • Cooked Green Beans • Fresh Apple • Sweet Diced Pears 	<ul style="list-style-type: none"> • Oven Baked Rotini with Seasoned Vegetables & Breadstick • Turkey & Cheese Wrap • Chicken Nachos w/ Rice • Peppercorn • Traditional Salsa • Fresh Banana • Juicy Mandarin Oranges 	<ul style="list-style-type: none"> • Large Crispy Chicken Salad with Croutons • Homemade Sloppy Joe Sandwich • Creamy Chicken Alfredo with Breadstick • Cooked Crinkle Cut Carrots • Salad Bar, Garbanzo Beans • Diced Peaches • Fresh Sliced Oranges 	<ul style="list-style-type: none"> • Chicken Hawaiian Pizza • Savory Cheese Pizza • Turkey Chili Dog • Steamed Fresh Broccoli • Fresh Apple • Sweet Mixed Fruit
12	13	14	15	16
<ul style="list-style-type: none"> • Spicy Chicken Sandwich • Spaghetti Marinara W/ Meatballs • Grilled Cheese Sandwich • Seasoned Italian Mixed Veggies • Fresh Sliced Oranges • Unsweetened Applesauce 	<ul style="list-style-type: none"> • Tangy Chicken Teriyaki with Seasoned Brown Rice • Large Fresh Ham & Cheese Salad with Seasoned Croutons • Tangy BBQ Chicken Sandwich • Freshly Steamed Cauliflower • Fresh Apple • Juicy Pineapple Chunks 	<ul style="list-style-type: none"> • Crispy Chicken Wrap • Traditional Cheese Quesadilla • Beefy Flour Tacos • California Blend Veggies • Fresh Banana • Juicy Mandarin Oranges • Chocolate Chip Cookie 	<ul style="list-style-type: none"> • Homemade Meatloaf with Whole Wheat Dinner Roll & Seasoned Brown Rice • Small BBQ Chicken Salad with Whole Grain Crackers • Orange Chicken W/ Rice • Seasoned Green Peas • Salad Bar, Garbanzo Beans • Fresh Apple • Sweet Diced Pears 	PD Day
19	20	21	22	23
Presidents Day - No School	<ul style="list-style-type: none"> • Crispy Buffalo Chicken Salad • Cheesy Turkey Melt Sandwich w/Crackers • Chicken Tenders Potato Bowl w/Roll • Cooked Crinkle Cut Carrots • Fresh Sliced Oranges • Sweet Mixed Fruit 	<ul style="list-style-type: none"> • Vegetarian Pasta Alfredo • Grilled Cheeseburger • Homemade Chicken Tacos • Steamed Fresh Broccoli • Fresh Banana • Diced Peaches 	<ul style="list-style-type: none"> • Chicken Caesar Salad W/ Crackers • Sweet & Sour Chicken W/ Rice • Philly Chicken Cheesesteak w/ Cheddar Cheese Sauce • Salad Bar, Garbanzo Beans • Oven Baked Potato Wedges • Fresh Apple • Juicy Mandarin Oranges 	<ul style="list-style-type: none"> • Classic Cheese Pizza • Classic Sausage Pizza • Popcorn Chicken W/ Roll • Seasoned Italian Mixed Veggies • Fresh Sliced Oranges • Unsweetened Applesauce
26	27	28		
<ul style="list-style-type: none"> • Loaded Chicken Nachos • Grilled Cheese W/ Tomato Soup • Grilled Cheeseburger • Vegetarian Refried Beans • Traditional Salsa • Fresh Apple • Sweet Diced Pears 	<ul style="list-style-type: none"> • Large Fresh Garden Salad with Whole Grain Saltines • Orange Chicken W/ Rice • Breaded Chicken Sandwich • Cooked Green Beans • Fresh Sliced Oranges • Sweet Mixed Fruit 	<ul style="list-style-type: none"> • Juicy Turkey Hot Dog • Vegetable Teriyaki Chicken Stir Fry & Seasoned Brown Rice • Beefy Bean Burrito • Freshly Steamed Cauliflower • Fresh Banana • Juicy Pineapple Chunks 		

Beverages Offered Daily:White 1% Low Fat Milk , Fat Free White Milk , Fat Free Chocolate Milk , Water Pouch

Daily Salad Bar:Fresh Lettuce/Spinach Mix , Fresh Baby Carrots , Fresh Broccoli , Fresh Celery Sticks , Crunchy Cucumber Slices

Condiments Offered:Ranch Dispenser , Ketchup Dispenser , Mayonnaise Dispenser , Mustard Dispenser

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