



November 2017

Premier Charter Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Mighty Chickpea Marinara with Rotini
- Traditional Turkey & Cheese Sandwich w/Crackers
- Chicken Tenders Potato Bowl w/Roll
- Steamed Fresh Broccoli
- Fresh Sliced Oranges
- Sweet Diced Pears

2

- Chicken Caesar Salad W/ Crackers
- Sweet & Sour Fajita Chicken with Seasoned Brown Rice
- Spaghetti & Homemade Marinara with Meatballs
- Seasoned Green Peas
- Salad Bar, Garbanzo Beans
- Fresh Apple
- Juicy Mandarin Oranges

3

- Classic Cheese Pizza
- Classic Sausage Pizza
- Fresh Veggie Wrap
- Oven Baked Potato Wedges
- Fresh Sliced Oranges
- Chilled Fruit Cocktail

6

- Creamy Macaroni & Cheese
- Seasoned Beef Nachos
- Loaded Chicken Nachos
- Vegetarian Refried Beans
- Traditional Salsa
- Fresh Banana
- Apple Slices

7

- Large Fresh Garden Salad with Whole Grain Saltines
- Orange Chicken W/ Rice
- Juicy Hamburger
- Oven-Roasted Potato Wedges
- Chilled Fruit Cocktail
- Fresh Apple

8

- Spinach & Mozz Cheese Quesadilla
- Tangy BBQ Chicken Wrap
- Classic Chicken Fried Rice
- Steamed Fresh Broccoli
- Fresh Banana
- Diced Peaches

9

- Popcorn Chicken W/ Roll
- Homemade Whole Grain Chicken Tacos
- Grilled Cheese Sandwich
- Crispy Tater Tots
- Fresh Banana
- Chilled Fruit Cocktail

10

- Classic Cheese Pizza
- Crispy BBQ Chicken Pizza
- Garlic Chicken Spaghetti with Breadstick
- Seasoned Italian Mixed Veggies
- Juicy Mandarin Oranges
- Fresh Banana

13

- Southwest Veggie Wrap
- Spicy Chicken Sandwich
- Beef Ravioli W/ Roll & Crackers
- Steamed Fresh Broccoli
- Juicy Pineapple Chunks
- Fresh Sliced Oranges

14

- Italian Chicken Salad with Whole Grain Crackers
- Whole Grain Chicken Parmesan Sub
- Popcorn Chicken Snowbowl w/ Roll
- Cooked Green Beans
- Sweet Diced Pears
- Fresh Banana

15

- Turkey & Cheese Wrap
- Breaded Chicken Sandwich
- Oven Baked Rotini with Seasoned Vegetables & Breadstick
- Delicious Corn
- Fresh Apple
- Juicy Mandarin Oranges

16

- Large Crispy Chicken Salad with Croutons
- Homemade Sloppy Joe Sandwich
- Creamy Chicken Alfredo with Breadstick
- Oven Baked Potato Wedges
- Salad Bar, Garbanzo Beans
- Diced Peaches
- Fresh Banana

17

- Traditional Turkey & Cheese Sandwich w/Crackers
- Fresh Carrots Sticks
- Fresh Apple
- Whole Grain Pretzel Heartzels

20

- Thanksgiving Dinner Meal
- Thanksgiving Turkey with Whole Grain Stuffing
- Fluffy Thanksgiving Garlic Mashed Potatoes
- Thanksgiving style Green Beans
- Traditional Thanksgiving Cranberry Sauce
- Fresh Apple
- Thanksgiving Whole Grain Stuffing
- Whole Wheat Dinner Roll
- Thanksgiving Gravy

21

- Tangy Chicken Teriyaki with Seasoned Brown Rice
- Large Fresh Ham & Cheese Salad with Seasoned Croutons
- Crispy Chicken Corn Dog
- Seasoned Stir Fry Vegetable Blend
- Unsweetened Applesauce
- Fresh Sliced Oranges

22

No School

23

Thanksgiving - No School

24

No School

27

- Juicy Hamburger
- Creamy Macaroni & Cheese
- Tangy BBQ Chicken Wrap
- Delicious Corn
- Juicy Pineapple Chunks
- Fresh Apple

28

- Crispy Buffalo Chicken Salad
- Country Chicken Pot Pie with Biscuit Crust
- Spicy Buffalo Ranch Chicken Sandwich
- Cooked Crinkle Cut Carrots
- Fresh Banana
- Diced Peaches

29

- Mighty Chickpea Marinara with Rotini
- Traditional Turkey & Cheese Sandwich w/Crackers
- Chicken Tenders Potato Bowl w/Roll
- Steamed Fresh Broccoli
- Fresh Sliced Oranges
- Sweet Diced Pears

30

- Chicken Caesar Salad W/ Crackers
- Spaghetti with Meaty Italian Sauce & Breadstick
- Sweet & Sour Chicken W/ Rice
- Seasoned Green Peas
- Salad Bar, Garbanzo Beans
- Fresh Apple
- Juicy Mandarin Oranges

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

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/>
Layout, design & code © Nutrislice, Inc. Private and non-commercial uses permitted.
This Institution is an equal opportunity provider.

