



OCTOBER 2014

Intermediate/Middle Breakfast & Lunch Menu



Due to our constant pursuit of excellence SFE will enhance our menus through students feedback, surveys, parent meetings, recipe development and marketing trends.

<div>Meal Prices Paid: \$2.50 Reduced: \$0.40 Adults: \$3.50 Paid Breakfast: \$1.25 Reduced Breakfast: \$0.30 Adult Breakfast: \$1.75 Milk: \$0.50</div>	<div> October 13th -17th</div>	<div>Wednesday 1 Turkey and Swiss Sub Chicken Quesadilla Tater Tot Casserole with Biscuit Meatball Sub BBQ Beef Sandwich Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Egg,Sausage and Cheese English Muffin Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Thursday 2 Green Chili Chicken Enchiladas with Salsa and Spanish Rice Chicken Nuggets with Roll Spaghetti Marinara with Meatballs Beef and Broccoli Stir Fry Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Blueberry Snack'n Waffle Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Friday 3 Turkey and Swiss Sub Beefy Nachos Pulled Beef Baked Potato Garlic and Herb Chicken Rotini with Breadstick Chicken Fajita Melt Panini Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast on a Stick Fresh Fruit Selection Assorted Low Sugar Cereal</div>
<div>Monday 6 Housemade Cheese Pizza Country Fried Steak Mozzarella Cheese Quesadilla Turkey Corn Dog Chicken Spaghetti with Breadstick Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast Bagel Sausage Pizza Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Tuesday 7 Ballpark Cheeseburger Lemon Pepper Chicken Breast with Roll Grilled Chicken Burrito Sweet and Sour Chicken with Rice Baked Penne with Breadstick Fresh Fruit and Vegetable Bar Variety of Milk Breakfast French Toast Sticks Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Wednesday 8 Housemade Pepperoni Pizza Statefair Turkey Hot Dog Beef Enchilada Chicken Cacciatore Spicy Chicken Tenders Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Biscuits and Gravy with Sausage Patty Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Thursday 9 Ballpark Cheeseburger Cajun Baked Fish with Roll Baja Fish Corn Tacos with Rice Beef and Broccoli Stir Fry with Rice Baked Penne with Breadstick Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Mini Blueberry Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Friday 10 Housemade Cheese Pizza Supreme Nachos with Spanish Rice Fajita Chicken Baked Potato BBQ Chicken Wrap Garlic and Herb Chicken Rotini Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Sausage and Cheese Croissant Fresh Fruit Selection Assorted Low Sugar Cereal</div>
<div>Monday 13 Ham and Cheese Sandwich Beef and Bean Tamale Pie with Rice Beef Fingers with Roll Chicken Alfredo with Breadstick Turkey Hot Dog Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Egg,Sausage and Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Tuesday 14 Spicy Chicken Sandwich Fajita Chicken Tacos Rosemary Chicken with Roll and Rice Spaghetti with Meatsauce and Breadstick Orange Chicken with Rice Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Cinnamon Roll with Icing Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Wednesday 15 Grilled Chicken Quesadilla Grilled Ham and Cheese Sandwich Meatball Sub Sloppy Joe Sandwich Grilled Cheese Sandwich Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Chicken Biscuit Sandwich with Honey Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Thursday 16 Green Chili Chicken Enchiladas with Salsa and Spanish Rice Chicken Nuggets with Roll Beefy Macaroni with Roll Beef Teriyaki Dippers with Brown Rice Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Strawberry,Banana and Granola Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Friday 17 Ham and Cheese Sandwich Supreme Nachos with Spanish Rice Baked Potato with Chili Cheddar and Biscuit Garlic and Herb Chicken Rotini with Breadstick BBQ Chicken Panini Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Whole Wheat Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal</div>
<div>Monday 20 Small Crispy Chicken Salad with Crackers Beef and Cheese Tostadas Country Fried Steak with Roll Spaghetti with Meatsauce and Breadstick Statefair Turkey Corn Dog Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Colby Cheese Omelet Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Tuesday 21 Spicy Chicken Sandwich Beef Tacos Breaded Baked Chicken with Roll Chicken Alfredo with Breadstick Kung Pao Chicken Stir Fry with Brown Rice Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast Casserole with Toast Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Wednesday 22 Ballpark Hamburger Grilled Cheese Quesadilla Chicken Pot Pie with Biscuit Crust Beefy Baked Rotini with Breadstick BBQ Beef Sandwich Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Egg,Sausage and Cheese English Muffin Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Thursday 23 Small Crispy Chicken Salad with Crackers Chicken Burrito Popcorn Chicken Beef Lasagna with Breadstick Beef and Broccoli Stir Fry Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Blueberry Snack'n Waffle Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Friday 24 Ballpark Cheeseburger Supreme Nachos with Spanish Rice Meatloaf Potato Bowl Meatball Sub Chicken Fajita Melt Panini Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast on a Stick Fresh Fruit Selection Assorted Low Sugar Cereal</div>
<div>Monday 27 Turkey and Cheese Wrap Beef and Bean Tamale Pie with Rice Beef Fingers with Roll Chicken Alfredo with Breadstick Chili Dog with Crackers Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast Bagel Sausage Pizza Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Tuesday 28 Spicy Chicken Sandwich Pulled Pork Tacos Homemade BBQ Glazed Chicken with Roll Spaghetti with Meatsauce and Breadstick Sweet and Sour Chicken with Rice Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Chicken Biscuit Sandwich with Honey Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Wednesday 29 Ballpark Hamburger Grilled Chicken Quesadilla Meatball Sub BBQ Beef Dippers Sandwich Chicken Tender Shapes with Roll Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Biscuits and Gravy with Sausage Patty Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Thursday 30 Turkey and Cheese Wrap Beef Enchilada with Spanish Rice Chicken Nuggets with Roll Spaghetti Marinana with Meatballs Pulled Pork Fried Rice Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Mini Blueberry Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal</div>	<div>Friday 31 Hamburger Supreme Nachos with Spanish Rice Pulled Pork Baked Potato Garlic and Herb Chicken Rotini with Breadstick Cuban Melt Panini Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Sausage and Cheese Croissant Fresh Fruit Selection Assorted Low Sugar Cereal</div>

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