



OCTOBER 2014

Elementary Breakfast & Lunch Menu

Insert District Logo Here

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

Meal Prices		Wednesday 1		Thursday 2		Friday 3	
Paid: \$2.50 Reduced: \$0.40 Adult: \$3.50 Paid Breakfast: FREE Reduced Breakfast: FREE Adult Breakfast: \$1.75 Milk: \$0.50							
		Chicken Nuggets with Roll Meatball Sub Ham and Cheese Wrap Tater Tots Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Egg,Sausage and Cheese English Muffin Fresh Fruit Selection Assorted Low Sugar Cereal		Housemade Pepperoni Pizza Chicken Teriyaki with Brown Rice Deli Stacker Sandwich Fresh Steamed Broccoli Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Blueberry Snack'n Waffle Fresh Fruit Selection Assorted Low Sugar Cereal		Supreme Nachos with Spanish Rice Chicken Alfredo with Breadstick Sun Butter and Jelly Sandwich Steamed Baby Carrots Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast on a Stick Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 6		Tuesday 7		Wednesday 8		Thursday 9	
Ballpark Cheeseburger Sun Butter and Jelly Sandwich Chicken Tenders Green Beans Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast Bagel, Sausage Pizza Fresh Fruit Selection Assorted Low Sugar Cereal		Spaghetti with Meatsauce and Breadstick Turkey Sub Sweet and Sour Chicken Fresh Steamed Broccoli Fresh Fruit and Vegetable Bar Variety of Milk Breakfast French Toast Sticks Fresh Fruit Selection Assorted Low Sugar Cereal		Chicken Nuggets with Roll Ham and Cheese Sandwich Baked Penne with Breadstick Creamy Mashed Potatoes Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Biscuits and Gravy with Sausage Patty Fresh Fruit Selection Assorted Low Sugar Cereal		Housemade Pepperoni Pizza Crispy Chicken Wrap Beef and Broccoli Stir Fry with Rice Steamed Baby Carrots Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Mini Blueberry Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 13		Tuesday 14		Wednesday 15		Thursday 16	
Ballpark Cheeseburger Chicken Quesadilla Ham, Turkey and Cheese Sandwich Mexican Refried Beans Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Egg,Sausage and Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal		Housemade Pepperoni Pizza Turkey Hot Dog BBQ Fajita Chicken Sub Tater Tots Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Cinnamon Roll with Icing Fresh Fruit Selection Assorted Low Sugar Cereal		Chicken Nuggets with Roll Small Chef Salad with Crackers Beef Enchiladas Green Beans Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Chicken Biscuit Sandwich with Honey Fresh Fruit Selection Assorted Low Sugar Cereal		Housemade Pepperoni Pizza Orange Chicken with Rice Deli Stacker Sandwich Fresh Steamed Broccoli Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Strawberry,Banana and Granola Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 20		Tuesday 21		Wednesday 22		Thursday 23	
Ballpark Cheese burger Beef Taco Grilled Chicken Patty Sandwich Charro Beans Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Colby Cheese Omelet Fresh Fruit Selection Assorted Low Sugar Cereal		Housemade Pepperoni Pizza Beefy Macaroni Small Chicken Caesar Salad with Crackers Steamed Baby Carrots Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast Casserole with Toast Fresh Fruit Selection Assorted Low Sugar Cereal		Baked Popcorn Chicken Beef and Broccoli Stir Fry with Rice Adobe Fajita Chicken Wrap Creamy Mashed Potatoes Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Egg,Sausage and Cheese English Muffin Fresh Fruit Selection Assorted Low Sugar Cereal		Housemade Pepperoni Pizza Statefair Turkey Corn Dog Chili Mac Tater Tots Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Blueberry Snack'n Waffle Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 27		Tuesday 28		Wednesday 29		Thursday 30	
Ballpark Cheeseburger Beef and Bean Tamale Pie with Rice Beef Ravioli with Roll and Crackers Mexican Refried Beans Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Breakfast Bagel,Sausage Pizza Fresh Fruit Selection Assorted Low Sugar Cereal		Housemade Pepperoni Pizza Tater Tot Casserole with Biscuit BBQ Dipper Sub Steamed Baby Carrots Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Chicken Biscuit Sandwich with Honey Fresh Fruit Selection Assorted Low Sugar Cereal		Chicken Tenders with Roll Grilled Cheese Quesadilla Beef Lasagna with Breadstick Tater Tots Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Biscuits and Gravy with Sausage Patty Fresh Fruit Selection Assorted Low Sugar Cereal		Housemade Pepperoni Pizza Sweet and Sour Chicken with Rice Large Italian Chicken Salad with Crackers Fresh Steamed Broccoli Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Mini Blueberry Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	
						Friday 31	
						Supreme Nachos with Spanish Rice Grilled Cheese Sandwich Pig in a Blanket Green Beans Fresh Fruit and Vegetable Bar Variety of Milk Breakfast Sausage and Cheese Croissant Fresh Fruit Selection Assorted Low Sugar Cereal	

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