



August 2010

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



 Welcome 				Elementary Menu Meal Prices Paid Lunch \$2.00 Reduced Price Lunch \$.40 Adult Lunch \$2.75 Paid Breakfast \$.75 Reduced Price Breakfast \$.30 Adult Breakfast \$1.25 Milk \$.50
 RACE BACK TO SCHOOL				
Monday 9 Race Car Chicken Nuggets Turkey, Ham, & Cheese Wrap BBQ Rib Sandwich French Fries Salad Bar #2 Variety of Milk & Juices	Tuesday 10 BBQ Chicken w/ Corn Muffin Cheese Pizza Chef Salad Sweet Potatoes Salad Bar #4 Variety of Milk & Juices	Wednesday 11 Cheesy Nachos Chicken Patty Sandwich Pepperoni Pizza SW Chicken Salad Refried Beans Salsa Bar Variety of Milk & Juices	Thursday 12 Orange Chicken with Rice Turkey Melt Cheese Pizza Green Peas Salad Bar #7 Variety of Milk & Juices	Friday 13 Waffles ~Or~ French Toast Sausage Links Fruit & Yogurt Bar Variety of Milk & Juices
Breakfast Oatmeal Raisin Square w/ Toast Fresh Fruit Selection Variety of Milk & Juices	Breakfast Egg, Ham, & Cheese Burrito Assorted Low Sugar Cereal Variety of Milk & Juices	Breakfast Double-Double Waffles Assorted Low Sugar Cereal Variety of Milk & Juices	Breakfast Cinnamon Roll w/ Sausage Links Assorted Low Sugar Cereal Variety of Milk & Juices	Breakfast Yogurt & Fruit Plate Assorted Low Sugar Cereal Variety of Milk & Juices
Monday 16 Cheese Quesadilla BBQ Rib Sandwich Grilled Chicken Salad Mexi Corn Salsa Bar Variety of Milk & Juices	Tuesday 17 Country Fried Steak Fish Shapes Cheese Pizza Crispy Chicken Wrap French Fries Salad Bar #6 Variety of Milk & Juices	Wednesday 18 Oven Baked Chicken w/ Roll Mini Corn Dogs Pepperoni Pizza Yogurt & Fruit Plate Vegetarian Beans Salad Bar #1 Variety of Milk & Juices	Thursday 19 Meatball Sub Hawaiian Pizza Cheese Pizza Egg Salad on a Bun Potato Chips Salad Bar #2 Variety of Milk & Juices	Friday 20 Salisbury Steak w/ Roll Grilled Cheese Sandwich Pepperoni Pizza Sweet Potatoes Salad Bar #3 Variety of Milk & Juices
Breakfast Assorted Low Sugar Cereal Fresh Fruit Selection Variety of Milk & Juices	Breakfast Egg, Ham, & Cheese Burrito Assorted Low Sugar Cereal Variety of Milk & Juices	Breakfast Double-Double Pancakes Assorted Low Sugar Cereal Variety of Milk & Juices	Breakfast Cinnamon Roll w/ Sausage Links Assorted Low Sugar Cereal Variety of Milk & Juices	Breakfast Yogurt & Fruit Plate Assorted Low Sugar Cereal Variety of Milk & Juices
Monday 23 Meatballs & Noodles w/ Breadstick Chicken Patty Sandwich Hawaiian Chicken Salad Green Beans Salad Bar #1 Variety of Milk & Juices	Tuesday 24 Chicken Fried Steak w/ Roll Chicken Nuggets Cheese Pizza Cottage Cheese & Fruit Plate Green Peas Salad Bar #2 Variety of Milk & Juices	Wednesday 25 Baked Potato Bar Cheeseburger Pepperoni Pizza Chicken Garden Salad Green Peas Salad Bar #7 Variety of Milk & Juices	Thursday 26 Lemon Pepper Chicken Pepperoni Pizza Tuna Salad Sandwich Sweet Potatoes Salad Bar #4 Variety of Milk & Juices	Friday 27 Hamburger ~Or~ Hot Dog Macaroni Salad Western Bar Variety of Milk & Juices
Breakfast Oatmeal Raisin Square w/ Toast Fresh Fruit Selection Variety of Milk & Juices	Breakfast Egg, Ham, & Cheese Burrito Assorted Low Sugar Cereal Variety of Milk & Juices	Breakfast Double-Double French Toast Assorted Low Sugar Cereal Variety of Milk & Juices	Breakfast Cinnamon Roll w/ Sausage Links Assorted Low Sugar Cereal Variety of Milk & Juices	Breakfast Yogurt & Fruit Plate Assorted Low Sugar Cereal Variety of Milk & Juices
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As a reminder 2009-10 Free & Reduced applications will expire on September 21st. Please remember that the Nutrition Department needs a new application every school year. Please submit your application as soon as possible.