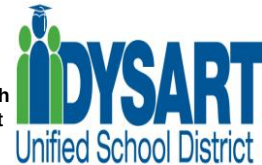




October 2010

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



ELEMENTARY MENU

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				
 From: 10/8 To: 10/11		 Please join us for Roving Chef demonstration at: Parkview Oct 6th Countryside Oct 13th Ashton Ranch Oct 20th Marley Park Oct 28th		Friday 1 PIZZA PARTY! Pepperoni Pizza Cheese Pizza Hawaiian Pizza Pasta Salad Fresh Fruit & Vegetable Bar Variety of Milk & Juice Breakfast Yogurt & Fruit Plate Assorted Low Sugar Cereal Variety of Milk & Juice
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Cheese Quesadilla BBQ Rib on a Bun Grilled Chicken Salad Mexi-Corn Salsa Bar Variety of Milk & Juice	Country Fried Steak Fish Shapes Cheese Pizza Crispy Chicken Wrap French Fries Fresh Fruit & Vegetable Bar Variety of Milk & Juice	Oven Baked Chicken Mini Corn Dogs Pepperoni Pizza Yogurt & Fruit Plate Vegetarian Beans Fresh Fruit & Vegetable Bar Variety of Milk & Juice	Hamburger Meatball Sub Cheese Pizza Egg Salad on a Bun Lay's Baked Chips Fresh Fruit & Vegetable Bar Variety of Milk & Juice	
Breakfast	Breakfast	Breakfast	Breakfast	
Assorted Low Sugar Cereal Fresh Fruit Selection Variety of Milk & Juice	Double-Double Pancakes Assorted Low Sugar Cereal Variety of Milk & Juice	Scrambled Eggs w/ Cheese Assorted Low Sugar Cereal Variety of Milk & Juice	Cinnamon Roll Assorted Low Sugar Cereal Variety of Milk & Juice	
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
 	Chicken Fried Steak Chicken Nuggets Cheese Pizza Cottage Cheese & Fruit Plate Green Peas Fresh Fruit & Vegetable Bar Variety of Milk & Juice	Baked Potato Bar Cheese Burger Pepperoni Pizza Chicken Garden Salad Green Beans Fresh Fruit & Vegetable Bar Variety of Milk & Juice	Salsa Chicken Pepperoni Pizza Tuna Salad Sandwich Spanish Beans Fresh Fruit & Vegetable Bar Variety of Milk & Juice	Hamburger ~Or~ Turkey Hot Dog Macaroni Salad Western Bar Variety of Milk & Juice
	Breakfast	Breakfast	Breakfast	Breakfast
	Assorted Low Sugar Cereal Fresh Fruit Selection Variety of Milk & Juice	Ham, Egg & Cheese Burrito Assorted Low Sugar Cereal Variety of Milk & Juice	Cinnamon Roll Assorted Low Sugar Cereal Variety of Milk & Juice	Yogurt & Fruit Plate Assorted Low Sugar Cereal Variety of Milk & Juice
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Salisbury Steak Chicken Nuggets Hawaiian Chicken Salad Green Beans Fresh Fruit & Vegetable Bar Variety of Milk & Juice	Orange Chicken w/ Rice Turkey Hot Dog Cheese Pizza Chef Salad Green Peas Fresh Fruit & Vegetable Bar Variety of Milk & Juice	BBQ Chicken Meatball Sub Pepperoni Pizza Cottage Cheese & Fruit Plate Sweet Potatoes Fresh Fruit & Vegetable Bar Variety of Milk & Juice	Navajo Taco Cheeseburger Cheese Pizza Ham, Turkey, & Cheese Wrap Refried Beans Salsa Bar Variety of Milk & Juice	Pancakes ~Or~ Waffles Sausage Links Fruit & Yogurt Bar Variety of Milk & Juice
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Low Sugar Cereal Fresh Fruit Selection Variety of Milk & Juice	Ham, Egg, & Cheese Burrito Assorted Low Sugar Cereal Variety of Milk & Juice	Double-Double French Toast Assorted Low Sugar Cereal Variety of Milk & Juice	Cinnamon Roll Assorted Low Sugar Cereal Variety of Milk & Juice	Yogurt & Fruit Plate Assorted Low Sugar Cereal Variety of Milk & Juice
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Sweet & Sour Chicken Chicken Tenders Grilled Cheese Sandwich Peas & Carrots Fresh Fruit & Vegetable Bar Variety of Milk & Juice	Swedish Meatballs w/ Noodles Cheese Pizza Veggie Wrap Mixed Vegetables Fresh Fruit & Vegetable Bar Variety of Milk & Juice	Mexican Haystack Chicken Quesadilla Pepperoni Pizza Southwest Chicken Salad Mexi-Corn Red Ribbon Salad Bar Variety of Milk & Juice "HUGS NOT DRUGS" SNACK	Macaroni & Cheese Grilled Cheese Sandwich Meat lover's Pizza Turkey & Cheese Wrap Green Beans Fresh Fruit & Vegetable Bar Variety of Milk & Juice	Bat Nuggets Hamburger Cheese Pizza French Fries Spooky Bar Variety of Milk & Juice
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Low Sugar Cereal Fresh Fruit Selection Variety of Milk & Juice	Ham, Egg, & Cheese Burrito Assorted Low Sugar Cereal Variety of Milk & Juice	Double-Double Pancakes Assorted Low Sugar Cereal Variety of Milk & Juice	Cinnamon Roll Assorted Low Sugar Cereal Variety of Milk & Juice	Yogurt & Fruit Plate Assorted Low Sugar Cereal Variety of Milk & Juice
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