



January 2019

Student Meal Pricing Breakfast Full Pay: \$1.50 Breakfast Reduced Pay: \$0.25 Lunch Full Pay: \$2.95 Lunch Reduced Pay: \$0.40 Milk: \$0.30

Premier Charter Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1



2

Winter Break

3

- Entrees**
 - Fajita Chicken Fried Rice
 - Fish Nuggets W/ Roll
- Vegetarian Entree**
 - Fruit & Yogurt Power Pack w/Graham Crackers
- Pre-K Lunch**
- Entrees**
 - Fajita Chicken Fried Rice

4

- Entrees**
 - Cheesy Turkey Ham Melt Sandwich w/Crackers
 - Spicy Crispy Chicken Caesar Salad
- Vegetarian Entree**
 - Oven Baked Rotini with Seasoned Vegetables & Breadstick
- Pre-K Lunch**
- Entrees**
 - Cheesy Turkey Ham Melt Sandwich w/Crackers

7

- Entrees**
 - Large Harvest Chicken Salad, No Nuts with Whole Wheat Roll
 - Spicy Chicken Sandwich
- Vegetarian Entree**
 - Whole Wheat Green Chile Quesadilla
- Pre-K Lunch**
- Entrees**
 - Orange Chicken W/ Rice

8

- Entrees**
 - Mini Cheese Ravioli with Breadstick
 - Salisbury Steak W/ Roll & Rice
- Vegetarian Entree**
 - Ants on a Log Power Pack
- Pre-K Lunch**
- Entrees**
 - Salisbury Steak W/ Roll & Rice

9

- Entrees**
 - Large Cobb Chicken Salad with Whole Wheat Roll
 - Juicy Turkey Hot Dog
- Vegetarian Entree**
 - Creamy Macaroni & Cheese
- Pre-K Lunch**
- Entrees**
 - Creamy Macaroni & Cheese

10

- Entrees**
 - Bean and Cheese Breakfast Tacos
 - Homemade Red Beans & Rice
 - Beefy Flour Tacos
- Vegetarian Entree**
 - Egg, Goldfish, Raisins, Carrots Power Pack
- Pre-K Lunch**
- Entrees**
 - Homemade Red Beans & Rice

11

- Entrees**
 - Chicken Caesar Salad W/ Crackers
 - Homemade Chili Cheese Baked Potato & Whole Grain Biscuit
- Vegetarian Entree**
 - Cheesy Broccoli Baked Potato W/ Biscuit
- Pre-K Lunch**
- Entrees**
 - Classic Chicken Fried Rice

14

- Entrees**
 - Small BBQ Chicken Salad with Whole Grain Crackers
 - Beef Ravioli W/ Roll & Crackers
- Vegetarian Entree**
 - Mini Cheese Ravioli with Breadstick
- Pre-K Lunch**
- Entrees**
 - Beef Ravioli W/ Roll & Crackers

15

- Entrees**
 - Cheesy Nachos
 - Large Cheesy Beef Nachos
- Vegetarian Entree**
 - Fruit & Yogurt Power Pack
- Promotion**
 - Baked Cauliflower Au Gratin
- Pre-K Lunch**
- Entrees**
 - Cheesy Nachos
- Promotion**
 - Baked Cauliflower Au Gratin

16

- Entrees**
 - Southwest Chicken Salad W/ Crackers
 - Spicy Whole Grain Chicken Tenders with Dinner Roll
- Vegetarian Entree**
 - Traditional Cheese Quesadilla
- Pre-K Lunch**
- Entrees**
 - Traditional Cheese Quesadilla

17

- Entrees**
 - Whole Grain Crunchy Popcorn Chicken & Seasoned Brown Rice Bowl
- Vegetarian Entree**
 - Baked Rotini w/ Vegetables
 - Protein Power Pack with Eggs & Whole Grain Crackers
- Pre-K Lunch**
- Entrees**
 - Whole Grain Crunchy Popcorn Chicken & Seasoned Brown Rice Bowl

18

- Entrees**
 - Grilled Cheeseburger
 - Tuna Salad Melt
- Vegetarian Entree**
 - Fresh Garden Salad W/ Saltines
- Pre-K Lunch**
- Entrees**
 - Loaded Italian Sub
- Vegetables**
 - Crispy Tater Tots

21



22

- Entrees**
 - Cheesy Turkey Melt Sandwich w/Crackers
 - Orange Chicken W/ Rice
- Vegetarian Entree**
 - Ants on a Log Power Pack
- Pre-K Lunch**
- Entrees**
 - Cheesy Turkey Melt Sandwich w/Crackers

23

- Entrees**
 - Fresh Daily Large Chef Salad w/ Roll
 - Spicy Chicken Sandwich
- Vegetarian Entree**
 - Vegetarian Pasta Alfredo
- Pre-K Lunch**
- Entrees**
 - Vegetarian Pasta Alfredo

24

- Entrees**
 - Beefy Flour Tacos
 - Baja Fish Tacos
- Vegetarian Entree**
 - Egg, Goldfish, Raisins, Carrots Power Pack
- Pre-K Lunch**
- Entrees**
 - Beefy Flour Tacos

25

- Entrees**
 - Small Italian Chicken Salad with Whole Grain Croutons and Crackers
 - Spicy Buffalo Chicken Pizza
- Vegetarian Entree**
 - Two Cheese Pizza
- Pre-K Lunch**
- Entrees**
 - Two Cheese Pizza

28

- Entrees**
 - Large Crispy Chicken Salad with Croutons
 - Crispy Chicken Ranch Wrap
- Vegetarian Entree**
 - Grilled Cheese Sandwich
- Pre-K Lunch**
- Entrees**
 - Grilled Cheese Sandwich

29

- Entrees**
 - Golden French Toast Sticks with Syrup Cup
 - Homemade Egg & Cheese Burrito 9"
- Vegetarian Entree**
 - Fruit & Yogurt Power Pack
- Pre-K Lunch**
- Entrees**
 - Homemade Egg & Cheese Burrito 9"

30

- Entrees**
 - Spicy Crispy Chicken Caesar Salad
 - Spicy Whole Grain Chicken Tenders with Dinner Roll
- Vegetarian Entree**
 - Veggie Ranch Wrap
- Pre-K Lunch**
- Entrees**
 - Veggie Ranch Wrap

31

- Entrees**
 - Fajita Chicken Fried Rice
 - Tangy BBQ Chicken Sandwich
- Vegetarian Entree**
 - Fruit & Yogurt Power Pack w/Graham Crackers
- Pre-K Lunch**
- Entrees**
 - Fajita Chicken Fried Rice

Beverages Offered Daily: White 1% Low Fat Milk, Fat Free White Milk (K-8 Only) , Fat Free Chocolate Milk (K-8 Only) , Water Pouch

Daily Salad Bar: Fresh Lettuce/Spinach Mix, Fresh Baby Carrots, Fresh Broccoli, Fresh Celery Sticks, Crunchy Cucumber Slices, bean variety 1 time weekly , Rotating Daily: Farm Fresh Cauliflower Crispy Red Bell Peppers Crisp Green Bell Peppers Fresh Tomato Wedges Fresh Zucchini & Yellow Squash Black Olives Black Beans

Condiments Offered: Ranch Dispenser, Ketchup Dispenser, Mayonnaise Dispenser, Mustard Dispenser

Questions or Comments: Please contact Janeane Cartagena at janeane.cartagena@sfc.org

More Details: premiercharterschool.nutrislice.com/menu/premier-lower/lunch/
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WELCOME BACK TO SCHOOL!

