



# February 2019

Premier Charter  
Lunch

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

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**1**

- Entrees**
  - Large Caribbean Chicken Salad, No Nuts with Whole Wheat Roll
  - Grilled Cheeseburger
- Vegetarian Entree**
  - Oven Baked Rotini with Seasoned Vegetables & Breadstick
- Hot Vegetable**
  - California Blend Veggies
- Pre-K Lunch**
- Entrees**
  - Cheesy Turkey Ham Melt Sandwich w/Crackers
- Hot Vegetable**
  - California Blend Veggies
- Beverage**
  - White 1% Low Fat Milk

**4**

- Entrees**
  - Large Harvest Chicken Salad, No Nuts with Whole Wheat Roll
  - Spicy Chicken Sandwich
- Vegetarian Entree**
  - Whole Wheat Green Chile Quesadilla
- Hot Vegetable**
  - Freshly Steamed Cauliflower
- Pre-K Lunch**
- Entrees**
  - Whole Wheat Green Chile Quesadilla
- Hot Vegetable**
  - Freshly Steamed Cauliflower
- Beverage**
  - White 1% Low Fat Milk

**5**

- Entrees**
  - Country Fried Steak Potato Bowl w/Roll
- Vegetarian Entree**
  - Mozzarella-Stuffed Pizza Sticks with Marinara Sauce
  - Ants on a Log Power Pack
- Hot Vegetable**
  - Crispy Tater Tots
- Pre-K Lunch**
- Entrees**
  - Country Fried Steak Potato Bowl w/Roll
- Hot Vegetable**
  - Crispy Tater Tots
- Beverage**
  - White 1% Low Fat Milk

**6**

- Entrees**
  - Large Cobb Chicken Salad with Whole Wheat Roll
  - Turkey Chili Dog
- Vegetarian Entree**
  - Creamy Macaroni & Cheese
- Hot Vegetable**
  - Peppercorn
- Pre-K Lunch**
- Entrees**
  - Creamy Macaroni & Cheese
- Hot Vegetable**
  - Peppercorn
- Beverage**
  - White 1% Low Fat Milk

**7**

- Entrees**
  - Homemade Red Beans & Rice
  - Beefy Enchiladas W/ Spanish Rice
- Vegetarian Entree**
  - Cheddar Cheese Enchiladas
  - Egg, Goldfish, Raisins, Carrots Power Pack
- Hot Vegetable**
  - Cooked Crinkle Cut Carrots
- Grains**
  - Saltine Crackers
- Pre-K Lunch**
- Entrees**
  - Beefy Enchiladas W/ Spanish Rice
- Hot Vegetable**
  - Cooked Crinkle Cut Carrots
- Beverage**
  - White 1% Low Fat Milk

**8**

- Entrees**
  - Chicken Caesar Salad W/ Crackers
  - Homemade Chili Cheese Baked Potato & Whole Grain Biscuit
- Vegetarian Entree**
  - Cheesy Broccoli Baked Potato W/ Biscuit
- Hot Vegetable**
  - Seasoned Broccoli Florets
- Pre-K Lunch**
- Entrees**
  - Classic Chicken Fried Rice
- Hot Vegetable**
  - Seasoned Broccoli Florets
- Beverage**
  - White 1% Low Fat Milk

**11**

- Entrees**
  - Small BBQ Chicken Salad with Whole Grain Crackers
  - Beef Ravioli W/ Roll & Crackers
- Vegetarian Entree**
  - Mini Cheese Ravioli with Breadstick
- Hot Vegetable**
  - Broccoli With Creamy Cheese Sauce
- Pre-K Lunch**
- Entrees**
  - Beef Ravioli W/ Roll & Crackers
- Hot Vegetable**
  - Broccoli With Creamy Cheese Sauce
- Beverage**
  - White 1% Low Fat Milk

**12**

- Entrees**
  - Large Cheesy Beef Nachos
- Vegetarian Entree**
  - Cheesy Nachos
  - Fruit & Yogurt Power Pack
- Hot Vegetable**
  - Classic Refried Beans
- Pre-K Lunch**
- Entrees**
  - Large Cheesy Beef Nachos
- Hot Vegetable**
  - Classic Refried Beans
- Beverage**
  - White 1% Low Fat Milk

**13**

- Entrees**
  - Southwest Chicken Salad W/ Crackers
  - Spicy Whole Grain Chicken Tenders with Dinner Roll
- Vegetarian Entree**
  - Traditional Cheese Quesadilla
- Hot Vegetable**
  - Peppercorn
- Pre-K Lunch**
- Entrees**
  - Traditional Cheese Quesadilla
- Hot Vegetable**
  - Peppercorn
- Beverage**
  - White 1% Low Fat Milk

**14**

- Entrees**
  - Whole Grain Crunchy Popcorn Chicken & Seasoned Brown Rice Bowl
- Vegetarian Entree**
  - Baked Rotini w/ Vegetables
  - Protein Power Pack with Eggs & Whole Grain Crackers
- Hot Vegetable**
  - Seasoned Italian Mixed Veggies
- Promotion**
  - Fresh Strawberries
- Pre-K Lunch**
- Entrees**
  - Whole Grain Crunchy Popcorn Chicken & Seasoned Brown Rice Bowl
- Hot Vegetable**
  - Seasoned Italian Mixed Veggies
- Promotion**
  - Fresh Strawberries
- Beverage**
  - White 1% Low Fat Milk

**15**



**18****19**

- Entrees**
- Cheesy Turkey Melt Sandwich w/Crackers
  - Orange Chicken W/ Rice
- Vegetarian Entree**
- Ants on a Log Power Pack
- Hot Vegetable**
- Spiced 5 Way Mixed Veggies
- Pre-K Lunch**
- Entrees**
- Cheesy Turkey Melt Sandwich w/Crackers
- Hot Vegetable**
- Spiced 5 Way Mixed Veggies
- Beverage**
- White 1% Low Fat Milk

**20**

- Entrees**
- Fresh Daily Large Chef Salad w/ Roll
  - Spicy Chicken Sandwich
- Vegetarian Entree**
- Spinach & Black Bean Wrap
- Hot Vegetable**
- Seasoned Green Peas
- Pre-K Lunch**
- Entrees**
- Spinach & Black Bean Wrap
- Hot Vegetable**
- Seasoned Green Peas
- Beverage**
- White 1% Low Fat Milk

**21**

- Entrees**
- Beefy Flour Tacos
  - Baja Fish Tacos
- Vegetarian Entree**
- Egg, Goldfish, Raisins, Carrots Power Pack
- Hot Vegetable**
- Peppered Corn
- Pre-K Lunch**
- Entrees**
- Beefy Flour Tacos
- Hot Vegetable**
- Peppered Corn
- Beverage**
- White 1% Low Fat Milk

**22**

- Entrees**
- Small Italian Chicken Salad with Whole Grain Croutons and Crackers
  - Spicy Buffalo Chicken Pizza
- Vegetarian Entree**
- Two Cheese Pizza
- Hot Vegetable**
- Cooked Crinkle Cut Carrots
- Pre-K Lunch**
- Entrees**
- Two Cheese Pizza
- Hot Vegetable**
- Cooked Crinkle Cut Carrots
- Beverage**
- White 1% Low Fat Milk

**25**

- Entrees**
- Large Crispy Chicken Salad with Croutons
  - Crispy Chicken Ranch Wrap
- Vegetarian Entree**
- Grilled Cheese Sandwich
- Hot Vegetable**
- Cooked Green Beans
- Pre-K Lunch**
- Entrees**
- Grilled Cheese Sandwich
- Hot Vegetable**
- Cooked Green Beans
- Beverage**
- White 1% Low Fat Milk

**26**

- Entrees**
- Vegetarian Entree**
- Golden French Toast Sticks with Syrup Cup
  - Fruit & Yogurt Power Pack
- Promotion**
- Philly Tofu Cheesesteak w/ Cheddar Cheese Sauce
- Hot Vegetable**
- Country Style Chunky Hash Brown
- Pre-K Lunch**
- Entrees**
- Golden Chicken Nuggets
- Hot Vegetable**
- Country Style Chunky Hash Brown
- Beverage**
- White 1% Low Fat Milk

**27**

- Entrees**
- Buffalo Ranch Chicken Salad with Seasoned Croutons & Whole Wheat Roll
  - Spicy Whole Grain Chicken Tenders with Dinner Roll
- Vegetarian Entree**
- Veggie Ranch Wrap
- Hot Vegetable**
- Broccoli With Creamy Cheese Sauce
- Pre-K Lunch**
- Entrees**
- Veggie Ranch Wrap
- Hot Vegetable**
- Broccoli With Creamy Cheese Sauce
- Beverage**
- White 1% Low Fat Milk

**28**

- Entrees**
- Fajita Chicken Fried Rice
  - Tangy BBQ Chicken Sandwich
- Vegetarian Entree**
- Fruit & Yogurt Power Pack w/Graham Crackers
- Hot Vegetable**
- Oven Baked Potato Wedges
- Pre-K Lunch**
- Entrees**
- Fajita Chicken Fried Rice
- Hot Vegetable**
- Oven Baked Potato Wedges
- Beverage**
- White 1% Low Fat Milk

**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](mailto:janeane.cartagena@sfc.org)

More Details: [premiercharterschool.nutrislice.com/menu/premier-lower/lunch/](http://premiercharterschool.nutrislice.com/menu/premier-lower/lunch/)  
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