



October 2018

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

1

- Entrees
 - Juicy Turkey Hot Dog
 - Breaded Chicken Sandwich
- Vegetarian Entree
 - Large Cheddar Cheese Crisp
- Pre-K Lunch
 - Breaded Chicken Sandwich

TUESDAY

2

- Entrees
 - Fresh Daily Large Chef Salad w/ Roll
 - Cheesy Turkey Melt Sandwich w/Crackers
 - Orange Chicken W/ Rice
- Vegetarian Entree
 - Ants on a Log Power Pack
- Pre-K Lunch
 - Cheesy Turkey Melt Sandwich w/Crackers

WEDNESDAY

3

- Entrees
 - Grilled Cheeseburger
 - Creamy Chicken Alfredo with Breadstick
- Vegetarian Entree
 - Traditional Cheese Quesadilla
- Pre-K Lunch
 - Traditional Cheese Quesadilla

THURSDAY

4

- Entrees
 - Small Italian Chicken Salad with Whole Grain Croutons and Crackers
 - Beefy Flour Tacos
 - Chicken Nugget Rice Bowl
- Vegetarian Entree
 - Egg, Goldfish, Raisins, Carrots Power Pack
- Pre-K Lunch
 - Chicken Nugget Rice Bowl

FRIDAY

5

- Entrees
 - Classic Cheese Pizza
 - Spicy Chicken Pizza
- Vegetarian Entree
 - Creamy Macaroni & Cheese
- Pre-K Lunch
 - Creamy Macaroni & Cheese

8

- Entrees
 - Favorite Chicken Parmesan
 - Crispy Chicken Ranch Wrap
- Vegetarian Entree
 - Grilled Cheese Sandwich
- Pre-K Lunch
 - Favorite Chicken Parmesan

9

- Entrees
 - Large Crispy Chicken Salad with Croutons
 - Breaded Chicken Sandwich
 - Loaded Chicken Nachos
- Vegetarian Entree
 - Fruit & Yogurt Power Pack
- Pre-K Lunch
 - Loaded Chicken Nachos

10

- Entrees
 - Classic Cheese Pizza
 - Chicken Alfredo Pizza
- Vegetarian Entree
 - Veggie Ranch Wrap
- Pre-K Lunch
 - Classic Cheese Pizza

11

- Entrees
 - Spicy Crispy Chicken Caesar Salad
 - Tangy BBQ Chicken Sandwich
 - Fajita Chicken Fried Rice
- Vegetarian Entree
 - Sunbutter & Banana Wrap Power Pack
- Pre-K Lunch
 - Fajita Chicken Fried Rice

12

- Entrees
 - Grilled Cheeseburger
 - Crispy Chicken Wrap
- Vegetarian Entree
 - Oven Baked Rotini with Seasoned Vegetables & Breadstick
- Pre-K Lunch
 - Grilled Cheeseburger

15

- Entrees
 - Orange Chicken W/ Rice
 - Spicy Chicken Sandwich
- Vegetarian Entree
 - Whole Wheat Green Chile Quesadilla
- Pre-K Lunch
 - Orange Chicken W/ Rice

16

- Entrees
 - Large Tangy Hawaiian Chicken Salad with Croutons & Roll
 - Crispy Chicken Corn Dog
 - Large Cheesy Beef Nachos
- Vegetarian Entree
 - Ants on a Log Power Pack
- Pre-K Lunch
 - Large Tangy Hawaiian Chicken Salad with Croutons & Roll

17

- Entrees
 - Chicken Nuggets W/ Roll
 - Sweet & Sour Chicken W/ Rice
- Vegetarian Entree
 - Bean & Cheese Burrito
- Pre-K Lunch
 - Bean & Cheese Burrito

18

- Entrees
 - Chicken Caesar Salad W/ Crackers
 - Classic Cheese Pizza
 - Crispy BBQ Chicken Pizza
- Vegetarian Entree
 - Egg, Goldfish, Raisins, Carrots Power Pack
- Pre-K Lunch
 - Crispy BBQ Chicken Pizza

19

- Entrees
 - Classic Chicken Fried Rice
 - Meatball Sub W/O Cheese
- Vegetarian Entree
 - Grilled Cheese w/ Tomato Soup & Breadstick
- Pre-K Lunch
 - Classic Chicken Fried Rice

22

- Entrees
 - Beef Ravioli W/ Roll & Crackers
 - Homemade Whole Grain Chicken Tacos
- Vegetarian Entree
 - Bean and Cheese Breakfast Tacos
- Pre-K Lunch
 - Homemade Whole Grain Chicken Tacos

23

- Entrees
 - Small BBQ Chicken Salad with Whole Grain Crackers
 - Oven Baked Cheesy Beef Penne with Breadstick
 - Juicy Hamburger
- Vegetarian Entree
 - Fruit & Yogurt Power Pack
- Pre-K Lunch
 - Small BBQ Chicken Salad with Whole Grain Crackers

24

- Entrees
 - Classic Cheese Pizza
 - Spicy Chicken Pizza
- Vegetarian Entree
 - Fresh Vegetable Sub
- Pre-K Lunch
 - Fresh Vegetable Sub

25

- Entrees
 - Turkey & Cheese Sub
- Vegetarian Entree
 - Spinach & Black Bean Wrap
- Pre-K Lunch
 - Turkey & Cheese Sub

26

Conferences- No School

29

- Entrees
 - Juicy Turkey Hot Dog
 - Breaded Chicken Sandwich
- Vegetarian Entree
 - Large Cheddar Cheese Crisp
- Pre-K Lunch
 - Breaded Chicken Sandwich

30

- Entrees
 - Fresh Daily Large Chef Salad w/ Roll
 - Cheesy Turkey Melt Sandwich w/Crackers
 - Orange Chicken W/ Rice
- Vegetarian Entree
 - Ants on a Log Power Pack
- Pre-K Lunch
 - Cheesy Turkey Melt Sandwich w/Crackers

31

- Entrees
 - Grilled Cheeseburger
 - Creamy Chicken Alfredo with Breadstick
- Vegetarian Entree
 - Traditional Cheese Quesadilla
- Pre-K Lunch
 - Traditional Cheese Quesadilla

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

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

More Details: premiercharterschool.nutrislice.com/menu/premier-lower/lunch/
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