



# April 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 Harvest Chicken Salad, No Nuts with Whole Wheat Roll
  - Crispy Chicken Corn Dog
- Vegetarian Entree**
  - Whole Wheat Green Chile Quesadilla
- Hot Vegetable**
  - Freshly Steamed Cauliflower
- Fruits**
  - Sliced Apples
  - Juicy Pineapple Chunks
- Pre-K Lunch**
- Entrees**
  - Whole Wheat Green Chile Quesadilla
- Hot Vegetable**
  - Freshly Steamed Cauliflower
- Fruits**
  - Sliced Apples
- Beverage**
  - White 1% Low Fat Milk

2

- Entrees**
  - Homemade Meatloaf with Whole Wheat Dinner Roll & Seasoned Brown Rice
- Vegetarian Entree**
  - Cheese-Filled Breadstick W/ Marinara
  - Ants on a Log Power Pack
- Hot Vegetable**
  - Crispy Tater Tots
- Fruits**
  - Fresh Sliced Oranges
  - Sweet Diced Pears
- Pre-K Lunch**
- Entrees**
  - Homemade Meatloaf with Whole Wheat Dinner Roll & Seasoned Brown Rice
- Hot Vegetable**
  - Crispy Tater Tots
- Fruits**
  - Sweet Diced Pears
- Beverage**
  - White 1% Low Fat Milk

3

- Entrees**
  - Large Cobb Chicken Salad with Whole Wheat Roll
  - Spicy Buffalo Ranch Chicken Sandwich
- Vegetarian Entree**
  - Creamy Macaroni & Cheese
- Hot Vegetable**
  - Seasoned Green Peas
- Fruits**
  - Sweet Mixed Fruit
  - Sliced Apples
- Pre-K Lunch**
- Entrees**
  - Creamy Macaroni & Cheese
- Hot Vegetable**
  - Seasoned Green Peas
- Fruits**
  - Sliced Apples
- Beverage**
  - White 1% Low Fat Milk

4

- Entrees**
  - Jalapeno Turkey Wrap Power Pack
  - Ham, Turkey & Cheese Croissant
- Vegetarian Entree**
  - Vegetarian Pasta Alfredo
- Hot Vegetable**
  - Cooked Crinkle Cut Carrots
- Fruits**
  - Fresh Sliced Oranges
  - Unsweetened Applesauce
- Grains**
  - Saltine Crackers
- Pre-K Lunch**
- Entrees**
  - Ham, Turkey & Cheese Croissant
- Hot Vegetable**
  - Cooked Crinkle Cut Carrots
- Fruits**
  - Unsweetened Applesauce
- Beverage**
  - White 1% Low Fat Milk

5

- Entrees**
  - Chicken Caesar Salad W/ Crackers
  - Crispy Fish & Chips with Tartar Sauce
- Vegetarian Entree**
  - Veggie Ranch Wrap
- Hot Vegetable**
  - Cooked Green Beans
- Fruits**
  - Fresh Banana
  - Diced Peaches
- Pre-K Lunch**
- Entrees**
  - Crispy Fish & Chips with Tartar Sauce
- Hot Vegetable**
  - Cooked Green Beans
- Fruits**
  - Fresh Banana
- Beverage**
  - White 1% Low Fat Milk

8

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

9

- Entrees**
  - Large Cheesy Beef Nachos
  - Ham & Cheese Power Pack w/Pretzels & M&Ms
- Vegetarian Entree**
  - Cheesy Nachos
- Hot Vegetable**
  - Classic Refried Beans
- Fruits**
  - Fresh Sliced Oranges
  - Juicy Pineapple Chunks
- Pre-K Lunch**
- Entrees**
  - Large Cheesy Beef Nachos
- Hot Vegetable**
  - Classic Refried Beans
- Fruits**
  - Juicy Pineapple Chunks
- Beverage**
  - White 1% Low Fat Milk

10

- Entrees**
  - Southwest Chicken Salad W/ Crackers
  - Juicy Turkey Hot Dog
  - Mama Mia Dog
- Vegetarian Entree**
  - Creamy White Mac & Cheese
- Hot Vegetable**
  - California Blend Veggies
- Fruits**
  - Fresh Banana
  - Unsweetened Applesauce
- Pre-K Lunch**
- Entrees**
  - Creamy White Mac & Cheese
- Hot Vegetable**
  - California Blend Veggies
- Fruits**
  - Fresh Banana
- Beverage**
  - White 1% Low Fat Milk

11

- Entrees**
  - Spicy Whole Grain Chicken Tenders with Dinner Roll
- Vegetarian Entree**
  - Traditional Cheese Quesadilla
  - Protein Power Pack with Eggs & Whole Grain Crackers
- Hot Vegetable**
  - Crispy Crinkle Cut Fries
- Promotion**
  - Fresh Pineapple Salsa
- Fruits**
  - Sliced Apples
  - Sweet Diced Pears
- Grains**
  - Saltine Crackers
- Pre-K Lunch**
- Entrees**
  - Traditional Cheese Quesadilla
- Hot Vegetable**
  - Crispy Crinkle Cut Fries
- Fruits**
  - Sweet Diced Pears
- Beverage**
  - White 1% Low Fat Milk

12

- Entrees**
  - Crispy Buffalo Chicken Salad w/ Crackers
  - Crispy Fish Nuggets w/Whole Grain Dinner Roll with Tartar Sauce
- Vegetarian Entree**
  - Fresh Vegetable & Cheese Croissant
- Hot Vegetable**
  - Seasoned Italian Mixed Veggies
- Fruits**
  - Fresh Banana
  - Sweet Mixed Fruit
- Pre-K Lunch**
- Entrees**
  - Fresh Vegetable & Cheese Croissant
- Vegetables**
  - Seasoned Italian Mixed Veggies
- Fruits**
  - Fresh Banana
- Beverage**
  - White 1% Low Fat Milk

15

- Entrees**
  - Crispy Chicken Salad W/ Crackers
  - Cheesy Turkey Ham Melt Sandwich w/Crackers
- Vegetarian Entree**
  - Baked Rotini with Vegetables
- Hot Vegetable**
  - Seasoned Peas & Carrots
- Fruits**
  - Sliced Apples
  - Diced Peaches
- Pre-K Lunch**
- Entrees**
  - Baked Rotini with Vegetables
- Hot Vegetable**
  - Peppered Corn
- Fruits**
  - Sliced Apples
- Beverage**
  - White 1% Low Fat Milk

16

- Entrees**
  - Baked Chicken Parmesan Sandwich
- Promotion**
  - Layered Greek Beef Pastitio
- Vegetarian Entree**
  - Ants on a Log Power Pack
- Hot Vegetable**
  - Broccoli With Creamy Cheese Sauce
- Fruits**
  - Fresh Sliced Oranges
  - Unsweetened Applesauce
- Pre-K Lunch**
- Entrees**
  - Layered Greek Beef Pastitio
- Hot Vegetable**
  - Broccoli With Creamy Cheese Sauce
- Fruits**
  - Unsweetened Applesauce
- Beverage**
  - White 1% Low Fat Milk

17

- Entrees**
  - Fresh Daily Large Chef Salad w/ Roll
  - Beefy Flour Tacos
- Vegetarian Entree**
  - Cheesy Bean Flour Taco
- Hot Vegetable**
  - Steamed Mexican
- Fruits**
  - Fresh Banana
  - Juicy Mandarin Oranges
- Pre-K Lunch**
- Entrees**
  - Beefy Flour Tacos
- Hot Vegetable**
  - Steamed Mexican
- Fruits**
  - Fresh Banana
- Beverage**
  - White 1% Low Fat Milk

18

- Entrees**
  - Roasted BBQ Turkey Wrap
  - Orange Chicken W/ Rice
- Vegetarian Entree**
  - Egg, Goldfish, Raisins, Carrots Power Pack
- Hot Vegetable**
  - Seasoned Stir Fry Vegetable Blend
- Fruits**
  - Sliced Apples
  - Juicy Pineapple Chunks
- Grains**
  - Saltine Crackers
- Pre-K Lunch**
- Entrees**
  - Roasted BBQ Turkey Wrap
- Hot Vegetable**
  - Seasoned Stir Fry Vegetable Blend
- Fruits**
  - Sliced Apples
- Beverage**
  - White 1% Low Fat Milk

19

- Entrees**
  - Chicken Garden Salad W/ Croutons & Crackers
  - Classic Pepperoni Pizza
- Vegetarian Entree**
  - Classic Cheese Pizza
- Hot Vegetable**
  - Cooked Crinkle Cut Carrots
- Fruits**
  - Fresh Banana
  - Sweet Mixed Fruit
- Pre-K Lunch**
- Entrees**
  - Classic Cheese Pizza
- Hot Vegetable**
  - Cooked Crinkle Cut Carrots
- Fruits**
  - Fresh Banana
- Beverage**
  - White 1% Low Fat Milk

<p><b>22</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Large Italian Chicken Salad with Whole Grain Crackers</li> <li>Crispy Chicken Ranch Wrap</li> </ul> <p><b>Vegetarian Entree</b></p> <ul style="list-style-type: none"> <li>Grilled Cheese Sandwich</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>Cooked Green Beans</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Sliced Apples</li> <li>Diced Peaches</li> </ul> <p><b>Pre-K Lunch</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Grilled Cheese Sandwich</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>Cooked Green Beans</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Sliced Apples</li> </ul> <p><b>Beverage</b></p> <ul style="list-style-type: none"> <li>White 1% Low Fat Milk</li> </ul>	<p><b>23</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Spaghetti with Meaty Italian Sauce &amp; Breadstick</li> </ul> <p><b>Vegetarian Entree</b></p> <ul style="list-style-type: none"> <li>Golden French Toast Sticks with Syrup Cup</li> <li>Fruit &amp; Yogurt Power Pack</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>Country Style Chunky Hash Brown</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Fresh Sliced Oranges</li> <li>Sweet Mixed Fruit</li> </ul> <p><b>Pre-K Lunch</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Spaghetti with Meaty Italian Sauce &amp; Breadstick</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>Country Style Chunky Hash Brown</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Fresh Sliced Oranges</li> </ul> <p><b>Beverage</b></p> <ul style="list-style-type: none"> <li>White 1% Low Fat Milk</li> </ul>	<p><b>24</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Buffalo Ranch Chicken Salad with Seasoned Croutons &amp; Whole Wheat Roll</li> <li>Spicy Whole Grain Chicken Tenders with Dinner Roll</li> </ul> <p><b>Vegetarian Entree</b></p> <ul style="list-style-type: none"> <li>Veggie Ranch Wrap</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>Broccoli With Creamy Cheese Sauce</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Juicy Mandarin Oranges</li> </ul> <p><b>Pre-K Lunch</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Veggie Ranch Wrap</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>Broccoli With Creamy Cheese Sauce</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Fresh Banana</li> </ul> <p><b>Beverage</b></p> <ul style="list-style-type: none"> <li>White 1% Low Fat Milk</li> </ul>	<p><b>25</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Fajita Chicken Fried Rice</li> <li>Tangy BBQ Chicken Sandwich</li> </ul> <p><b>Vegetarian Entree</b></p> <ul style="list-style-type: none"> <li>Egg, Goldfish, Raisins, Carrots Power Pack</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>Oven Baked Potato Wedges</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Sliced Apples</li> <li>Sweet Diced Pears</li> </ul> <p><b>Pre-K Lunch</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Fajita Chicken Fried Rice</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>Oven Baked Potato Wedges</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Sliced Apples</li> </ul> <p><b>Beverage</b></p> <ul style="list-style-type: none"> <li>White 1% Low Fat Milk</li> </ul>	<p><b>26</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Large Caribbean Chicken Salad, No Nuts with Whole Wheat Roll</li> <li>Patty Melt Sandwich W/ Crackers</li> </ul> <p><b>Vegetarian Entree</b></p> <ul style="list-style-type: none"> <li>Oven Baked Rotini with Seasoned Vegetables &amp; Breadstick</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>California Blend Veggies</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Unsweetened Applesauce</li> </ul> <p><b>Pre-K Lunch</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Patty Melt Sandwich W/ Crackers</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>California Blend Veggies</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Fresh Banana</li> </ul> <p><b>Beverage</b></p> <ul style="list-style-type: none"> <li>White 1% Low Fat Milk</li> </ul>
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<p><b>29</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Large Harvest Chicken Salad, No Nuts with Whole Wheat Roll</li> <li>Crispy Chicken Corn Dog</li> </ul> <p><b>Vegetarian Entree</b></p> <ul style="list-style-type: none"> <li>Whole Wheat Green Chile Quesadilla</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>Freshly Steamed Cauliflower</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Sliced Apples</li> <li>Juicy Pineapple Chunks</li> </ul> <p><b>Pre-K Lunch</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Whole Wheat Green Chile Quesadilla</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>Freshly Steamed Cauliflower</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Sliced Apples</li> </ul> <p><b>Beverage</b></p> <ul style="list-style-type: none"> <li>White 1% Low Fat Milk</li> </ul>	<p><b>30</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Country Fried Steak Potato Bowl w/Roll</li> </ul> <p><b>Vegetarian Entree</b></p> <ul style="list-style-type: none"> <li>Cheese-Filled Breadstick W/ Marinara</li> <li>Ants on a Log Power Pack</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>Crispy Tater Tots</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Fresh Sliced Oranges</li> <li>Sweet Diced Pears</li> </ul> <p><b>Pre-K Lunch</b></p> <p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>Cheese-Filled Breadstick W/ Marinara</li> </ul> <p><b>Hot Vegetable</b></p> <ul style="list-style-type: none"> <li>Crispy Tater Tots</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>Sweet Diced Pears</li> </ul> <p><b>Beverage</b></p> <ul style="list-style-type: none"> <li>White 1% Low Fat Milk</li> </ul>
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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@sfelc.org

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

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

- 1**
- Entrees**
- Whole Grain Golden Chocolate Chip French Toast
- Cereals**
- Trix Cereal Bowl
  - Whole Grain Brown Rice Krispies Cereal
  - Frosted Flakes Cereal
  - Cocoa Puffs Cereal
- Fruits**
- Grape Juice Carton
  - Fresh Sliced Oranges
- Pre-K Breakfast**
- Entrees**
- Whole Grain Golden Chocolate Chip French Toast
- Fruits**
- Fresh Sliced Oranges
- Beverage**
- White 1% Low Fat Milk

### TUESDAY

- 2**
- Entrees**
- Sweetened Mini Cinni Roll
  - Icy Very Berry Smoothie
- Cereals**
- Cheerios Cereal
  - Golden Grahams Cereal
  - Apple Jacks Cereal
  - Trix Cereal Bowl
- Fruits**
- Apple Juice Carton
  - Fresh Sliced Oranges
  - Sliced Apples
- Pre-K Breakfast**
- Entrees**
- Cheerios Cereal
- Fruits**
- Sliced Apples
- Beverage**
- White 1% Low Fat Milk

### WEDNESDAY

- 3**
- Entrees**
- Scrambled Eggs w/Sausage & Buttery English Muffin
- Cereals**
- Whole Grain Brown Rice Krispies Cereal
  - Frosted Flakes Cereal
  - Golden Grahams Cereal
  - Fruity Froot Loops Cereal
- Fruits**
- Fresh Banana
  - Orange Juice Carton
- Pre-K Breakfast**
- Entrees**
- Scrambled Eggs w/Sausage & Buttery English Muffin
- Fruits**
- Fresh Banana
- Beverage**
- White 1% Low Fat Milk

### THURSDAY

- 4**
- Entrees**
- Blueberry Banana Smoothie W/ Graham Crackers
  - Whole Grain Pancakes with Strawberry Compote
- Cereals**
- Apple Jacks Cereal
  - Cinnamon Toast Crunch Cereal
  - Gluten Free Rice Chex Cereal
  - Cheerios Cereal
- Fruits**
- Grape Juice Carton
  - Fresh Sliced Oranges
  - Sliced Apples
- Pre-K Breakfast**
- Entrees**
- Cinnamon Toast Crunch Cereal
- Fruits**
- Fresh Sliced Oranges
- Beverage**
- White 1% Low Fat Milk

### FRIDAY

- 5**
- Entrees**
- Frittata & Whole Grain Biscuit
- Cereals**
- Frosted Flakes Cereal
  - Whole Grain Brown Rice Krispies Cereal
  - Golden Grahams Cereal
  - Cinnamon Toast Crunch Cereal
- Fruits**
- Fresh Banana
  - Apple Juice Carton
- Pre-K Breakfast**
- Entrees**
- Frittata & Whole Grain Biscuit
- Fruits**
- Fresh Banana
- Beverage**
- White 1% Low Fat Milk

### 8

- Entrees**
- Golden French Toast Sticks with Syrup Cup
- Cereals**
- Trix Cereal Bowl
  - Frosted Flakes Cereal
  - Cheerios Cereal
  - Golden Grahams Cereal
- Fruits**
- Grape Juice Carton
  - Sliced Apples
- Pre-K Breakfast**
- Entrees**
- Golden French Toast Sticks
- Fruits**
- Sliced Apples
- Beverage**
- White 1% Low Fat Milk

### 9

- Entrees**
- Biscuit & Country Gravy
  - Strawberry Banana Smoothie
- Cereals**
- Apple Jacks Cereal
  - Cocoa Puffs Cereal
  - Raisin Bran Cereal
  - Gluten Free Rice Chex Cereal
- Fruits**
- Orange Juice Carton
  - Sliced Apples
  - Fresh Sliced Oranges
- Pre-K Breakfast**
- Entrees**
- Biscuit & Country Gravy
- Fruits**
- Fresh Sliced Oranges
- Beverage**
- White 1% Low Fat Milk

### 10

- Entrees**
- WG Cinnamon Roll
- Cereals**
- Frosted Flakes Cereal
  - Apple Jacks Cereal
  - Fruity Froot Loops Cereal
  - Whole Grain Brown Rice Krispies Cereal
- Fruits**
- Fresh Banana
  - Apple Juice Carton
- Pre-K Breakfast**
- Entrees**
- Whole Grain Brown Rice Krispies Cereal
- Fruits**
- Fresh Banana
- Beverage**
- White 1% Low Fat Milk

### 11

- Entrees**
- Cinnamon Oatmeal w/Raisins
  - Pineapple Mango Smoothie W/ Graham Crackers
- Cereals**
- Trix Cereal Bowl
  - Whole Grain Brown Rice Krispies Cereal
  - Cocoa Puffs Cereal
  - Apple Jacks Cereal
- Fruits**
- Grape Juice Carton
  - Sliced Apples
  - Fresh Sliced Oranges
- Pre-K Breakfast**
- Entrees**
- Cinnamon Oatmeal w/Raisins
- Fruits**
- Fresh Sliced Oranges
- Beverage**
- White 1% Low Fat Milk

### 12

- Entrees**
- Cheesy Egg Bagel Sandwich
- Cereals**
- Raisin Bran Cereal
  - Frosted Flakes Cereal
  - Fruity Froot Loops Cereal
  - Gluten Free Rice Chex Cereal
- Fruits**
- Orange Juice Carton
  - Fresh Banana
- Pre-K Breakfast**
- Entrees**
- Cheesy Egg Bagel Sandwich
- Fruits**
- Fresh Banana
- Beverage**
- White 1% Low Fat Milk

### 15

- Entrees**
- Chilled Strawberry Yogurt Cup
- Cereals**
- Trix Cereal Bowl
  - Frosted Flakes Cereal
  - Cheerios Cereal
  - Golden Grahams Cereal
- Fruits**
- Fresh Sliced Oranges
  - Apple Juice Carton
- Pre-K Breakfast**
- Entrees**
- Chilled Strawberry Yogurt Cup
- Fruits**
- Fresh Sliced Oranges
- Beverage**
- White 1% Low Fat Milk

### 16

- Entrees**
- Mini Golden Blueberry Pancakes
  - Peach Smoothie W/ Graham Crackers
- Cereals**
- Cocoa Puffs Cereal
  - Cheerios Cereal
  - Gluten Free Rice Chex Cereal
  - Cinnamon Toast Crunch Cereal
- Fruits**
- Grape Juice Carton
  - Sliced Apples
- Pre-K Breakfast**
- Entrees**
- Mini Golden Blueberry Pancakes
- Fruits**
- Sliced Apples
- Beverage**
- White 1% Low Fat Milk

### 17

- Entrees**
- Breakfast Banana Split
- Cereals**
- Whole Grain Brown Rice Krispies Cereal
  - Trix Cereal Bowl
  - Golden Grahams Cereal
  - Cinnamon Toast Crunch Cereal
- Fruits**
- Apple Juice Carton
  - Fresh Sliced Oranges
- Pre-K Breakfast**
- Entrees**
- Breakfast Banana Split
- Fruits**
- Fresh Sliced Oranges
- Beverage**
- White 1% Low Fat Milk

### 18

- Entrees**
- Icy Strawberry Pineapple Smoothie
  - Homemade Egg & Cheese Burrito 9"
- Cereals**
- Frosted Flakes Cereal
  - Fruity Froot Loops Cereal
  - Cheerios Cereal
  - Gluten Free Rice Chex Cereal
- Fruits**
- Orange Juice Carton
  - Fresh Banana
  - Sliced Apples
- Pre-K Breakfast**
- Entrees**
- Homemade Egg & Cheese Burrito 9"
- Fruits**
- Fresh Banana
- Beverage**
- White 1% Low Fat Milk

### 19

- Entrees**
- Mini Bagels with Strawberry Cream Cheese
- Fruits**
- Whole Grain Brown Rice Krispies Cereal
  - Golden Grahams Cereal
  - Raisin Bran Cereal
  - Frosted Flakes Cereal
- Cereals**
- Fresh Banana
  - Grape Juice Carton
- Pre-K Breakfast**
- Entrees**
- Mini Bagels with Strawberry Cream Cheese
- Fruits**
- Fresh Banana
- Beverage**
- White 1% Low Fat Milk

### 22

- Entrees**
- Double Chocolate Chip Muffin
- Cereals**
- Trix Cereal Bowl
  - Frosted Flakes Cereal
  - Cheerios Cereal
  - Golden Grahams Cereal
- Fruits**
- Grape Juice Carton
  - Fresh Sliced Oranges
- Pre-K Breakfast**
- Entrees**
- Cheerios Cereal
- Fruits**
- Fresh Sliced Oranges
- Beverage**
- White 1% Low Fat Milk

### 23

- Entrees**
- Homemade Sausage & Cheese Bagel Sandwich
  - Banana Peach Smoothie W/ Graham Crackers
- Cereals**
- Apple Jacks Cereal
  - Cocoa Puffs Cereal
  - Raisin Bran Cereal
  - Gluten Free Rice Chex Cereal
- Fruits**
- Orange Juice Carton
  - Fresh Sliced Oranges
  - Sliced Apples
- Pre-K Breakfast**
- Entrees**
- Homemade Sausage & Cheese Bagel Sandwich
- Fruits**
- Sliced Apples
- Beverage**
- White 1% Low Fat Milk

### 24

- Entrees**
- Golden French Toast Sticks and Syrup Cup
- Cereals**
- Frosted Flakes Cereal
  - Fruity Froot Loops Cereal
  - Whole Grain Brown Rice Krispies Cereal
  - Cinnamon Toast Crunch Cereal
- Fruits**
- Fresh Banana
  - Apple Juice Carton
- Pre-K Breakfast**
- Entrees**
- Golden French Toast Sticks
- Fruits**
- Fresh Banana
- Beverage**
- White 1% Low Fat Milk

### 25

- Entrees**
- Freezing Strawberry Mango Smoothie
- Promotion**
- Pineapple & Vanilla Yogurt Parfait
- Cereals**
- Trix Cereal Bowl
  - Whole Grain Brown Rice Krispies Cereal
  - Cocoa Puffs Cereal
  - Raisin Bran Cereal
- Fruits**
- Grape Juice Carton
  - Fresh Sliced Oranges
  - Sliced Apples
- Pre-K Breakfast**
- Entrees**
- Pineapple & Vanilla Yogurt Parfait
- Fruits**
- Fresh Sliced Oranges
- Beverage**
- White 1% Low Fat Milk

### 26

- Entrees**
- Whole Grain Ham & Cheese English Muffin Sandwich
- Cereals**
- Frosted Flakes Cereal
  - Whole Grain Brown Rice Krispies Cereal
  - Cinnamon Toast Crunch Cereal
  - Golden Grahams Cereal
- Fruits**
- Fresh Banana
  - Orange Juice Carton
- Pre-K Breakfast**
- Entrees**
- Whole Grain Ham & Cheese English Muffin Sandwich
- Fruits**
- Fresh Banana
- Beverage**
- White 1% Low Fat Milk

**29**

**30**

**Entrees**

- Whole Grain Golden Chocolate Chip French Toast

**Cereals**

- Trix Cereal Bowl
- Whole Grain Brown Rice Krispies Cereal
- Frosted Flakes Cereal
- Cocoa Puffs Cereal

**Fruits**

- Grape Juice Carton
- Fresh Sliced Oranges

**Pre-K Breakfast**

- Whole Grain Golden Chocolate Chip French Toast

**Fruits**

- Fresh Sliced Oranges

**Beverage**

- White 1% Low Fat Milk

**Entrees**

- Sweetened Mini Cinni Roll
- Icy Very Berry Smoothie

**Cereals**

- Cheerios Cereal
- Golden Grahams Cereal
- Apple Jacks Cereal
- Trix Cereal Bowl

**Fruits**

- Apple Juice Carton
- Fresh Sliced Oranges
- Sliced Apples

**Pre-K Breakfast**

- Whole Grain Golden Chocolate Chip French Toast

**Fruits**

- Sliced Apples

**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

**Offered Daily for Grades K-8:** Whole Grain Toast w/ Margarine, Jelly Packet, Sweet Strawberry Nutrigrain Bar, Sweet Whole Grain Apple Cinnamon Nutrigrain Bar

**Questions or Comments:** Please contact Janeane Cartagena at [janeane.cartagena@sfellc.org](mailto:janeane.cartagena@sfellc.org)

**More Details:** [premiercharterschool.nutrislice.com/menu/premier-lower/breakfast/](http://premiercharterschool.nutrislice.com/menu/premier-lower/breakfast/)  
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# April 2019

## Premier Charter Grab and Go

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

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Entrees</b> <ul style="list-style-type: none"> <li>Golden Blueberry Muffin</li> <li>Whole Grain Strawberry Toaster Pastry</li> <li>Mini Bagels with Strawberry Cream Cheese</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Orange Juice Carton</li> <li>Fresh Apple</li> <li>Grape Juice Carton</li> <li>Fresh Orange</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>WG Bagel and Cream Cheese Pouch</li> <li>Icy Very Berry Smoothie</li> <li>Whole Grain Banana Loaf</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Apple Juice Carton</li> <li>Fresh Orange</li> <li>Fresh Grapes</li> <li>Orange Juice Carton</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>Apple Cinnamon Muffin</li> <li>Pineapple &amp; Vanilla Yogurt Parfait</li> <li>Mini Powdered Donuts</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Apple Juice Carton</li> <li>Fresh Banana</li> <li>Grape Juice Carton</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>Whole Grain Banana Loaf</li> <li>Blueberry Banana Smoothie W/ Graham Crackers</li> <li>Homemade Egg, Ham &amp; Cheese Bagel Sandwich</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Fresh Orange</li> <li>Orange Juice Carton</li> <li>Fresh Apple</li> <li>Grape Juice Carton</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>Mini Chocolate Donuts</li> <li>Golden Blueberry Muffin</li> <li>Very Berry Yogurt Parfait</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Orange Juice Carton</li> <li>Fresh Apple</li> <li>Apple Juice Carton</li> </ul>

<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Entrees</b> <ul style="list-style-type: none"> <li>Cinnamon Toaster Pastry</li> <li>Mini Bagels with Cinnamon Cream Cheese</li> <li>Golden Blueberry Muffin</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Orange Juice Carton</li> <li>Grape Juice Carton</li> <li>Fresh Apple</li> <li>Fresh Orange</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>WG Bagel and Cream Cheese Pouch</li> <li>Mini Chocolate Donuts</li> <li>Strawberry Banana Smoothie</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Apple Juice Carton</li> <li>Fresh Orange</li> <li>Fresh Grapes</li> <li>Grape Juice Carton</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>Apple Cinnamon Muffin</li> <li>Cherry, Honey Graham Crackers &amp; Vanilla Yogurt Parfait</li> <li>Whole Grain Egg, Ham &amp; Cheese English Muffin Breakfast Sandwich</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Fresh Orange</li> <li>Orange Juice Carton</li> <li>Apple Juice Carton</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>Whole Grain Banana Loaf</li> <li>Mini Powdered Donuts</li> <li>Pineapple Mango Smoothie W/ Graham Crackers</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Fresh Orange</li> <li>Grape Juice Carton</li> <li>Fresh Banana</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>Golden Blueberry Muffin</li> <li>Fluffy Banana Muffin</li> <li>Strawberry Banana &amp; Graham Crackers Yogurt Parfait</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Orange Juice Carton</li> <li>Grape Juice Carton</li> <li>Fresh Apple</li> </ul>

<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Entrees</b> <ul style="list-style-type: none"> <li>Whole Grain Strawberry Toaster Pastry</li> <li>Mini Bagels with Strawberry Cream Cheese</li> <li>Golden Blueberry Muffin</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Grape Juice Carton</li> <li>Orange Juice Carton</li> <li>Fresh Apple</li> <li>Fresh Orange</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>WG Bagel and Cream Cheese Pouch</li> <li>Whole Grain Banana Loaf</li> <li>Peach Smoothie W/ Graham Crackers</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Orange Juice Carton</li> <li>Apple Juice Carton</li> <li>Fresh Apple</li> <li>Fresh Banana</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>Apple Cinnamon Muffin</li> <li>Mandarin Orange Parfait W/ Graham Crackers</li> <li>Mini Powdered Donuts</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Apple Juice Carton</li> <li>Grape Juice Carton</li> <li>Fresh Orange</li> <li>Fresh Grapes</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>Fluffy Banana Muffin</li> <li>Icy Strawberry Pineapple Smoothie</li> <li>Mini Chocolate Donuts</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Orange Juice Carton</li> <li>Fresh Banana</li> <li>Fresh Apple</li> <li>Grape Juice Carton</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>Golden Blueberry Muffin</li> <li>Strawberry Banana &amp; Graham Crackers Yogurt Parfait</li> <li>Mini Chocolate Donuts</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Orange Juice Carton</li> <li>Grape Juice Carton</li> <li>Fresh Apple</li> </ul>

<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Entrees</b> <ul style="list-style-type: none"> <li>Golden Blueberry Muffin</li> <li>Cinnamon Toaster Pastry</li> <li>Mini Bagels with Cinnamon Cream Cheese</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Orange Juice Carton</li> <li>Fresh Apple</li> <li>Grape Juice Carton</li> <li>Fresh Orange</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>WG Bagel and Cream Cheese Pouch</li> <li>Mini Chocolate Donuts</li> <li>Banana Peach Smoothie W/ Graham Crackers</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Apple Juice Carton</li> <li>Fresh Orange</li> <li>Fresh Grapes</li> <li>Orange Juice Carton</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>Apple Cinnamon Muffin</li> <li>Ham &amp; Cheese Biscuit Sandwich</li> <li>Blueberry, Honey Graham Cracker &amp; Vanilla Yogurt Parfait</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Fresh Grapes</li> <li>Apple Juice Carton</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>Mini Powdered Donuts</li> <li>Freezing Strawberry Mango Smoothie</li> </ul> <b>Promotion</b> <ul style="list-style-type: none"> <li>Pineapple &amp; Vanilla Yogurt Parfait</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Fresh Orange</li> <li>Grape Juice Carton</li> <li>Orange Juice Carton</li> <li>Fresh Apple</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>Fluffy Banana Muffin</li> <li>Golden Blueberry Muffin</li> <li>Pear &amp; Vanilla Yogurt with Honey Granola Parfait</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Fresh Apple</li> <li>Apple Juice Carton</li> <li>Grape Juice Carton</li> </ul>

<b>29</b>	<b>30</b>
<b>Entrees</b> <ul style="list-style-type: none"> <li>Golden Blueberry Muffin</li> <li>Whole Grain Strawberry Toaster Pastry</li> <li>Mini Bagels with Strawberry Cream Cheese</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Orange Juice Carton</li> <li>Fresh Apple</li> <li>Grape Juice Carton</li> <li>Fresh Orange</li> </ul>	<b>Entrees</b> <ul style="list-style-type: none"> <li>WG Bagel and Cream Cheese Pouch</li> <li>Icy Very Berry Smoothie</li> <li>Whole Grain Banana Loaf</li> </ul> <b>Fruits</b> <ul style="list-style-type: none"> <li>Apple Juice Carton</li> <li>Fresh Orange</li> <li>Fresh Grapes</li> <li>Orange Juice Carton</li> </ul>





# April 2019

## Premier Charter Snack

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
<b>1</b> <ul style="list-style-type: none"> <li>Whole Grain Pretzel Heartzels</li> <li>White 1% Low Fat Milk</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>String Cheese</li> <li>Fresh Baby Carrots</li> <li>Buttermilk Ranch Packet</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Whole Grain Bug Bite Graham Crackers</li> <li>100% Apple Juice 6oz</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Whole Grain Banana Loaf</li> <li>White 1% Low Fat Milk</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>Fruity Froot Loops Cereal</li> <li>White 1% Low Fat Milk</li> </ul>
<b>8</b> <ul style="list-style-type: none"> <li>Whole Grain Cheddar Cheez-Its</li> <li>100% Apple Juice 6oz</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Sweet Strawberry Nutrigrain Bar</li> <li>Fat Free Chocolate Milk</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Strawberry Banana Yogurt 4oz Cup</li> <li>100% Orange Juice 6oz</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Chocolate Elf Grahams</li> <li>White 1% Low Fat Milk</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>Golden Blueberry Muffin</li> <li>100% Grape Juice 6oz</li> </ul>
<b>15</b> <ul style="list-style-type: none"> <li>Whole Grain Pretzel Heartzels</li> <li>White 1% Low Fat Milk</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>String Cheese</li> <li>Fresh Baby Carrots</li> <li>Buttermilk Ranch Packet</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Whole Grain Bug Bite Graham Crackers</li> <li>100% Apple Juice 6oz</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Whole Grain Banana Loaf</li> <li>White 1% Low Fat Milk</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>100% Grape Juice 6oz</li> <li>Whole Grain Pretzel Heartzels</li> </ul>
<b>22</b> <ul style="list-style-type: none"> <li>Whole Grain Cheddar Cheez-Its</li> <li>100% Apple Juice 6oz</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>Sweet Whole Grain Apple Cinnamon Nutrigrain Bar</li> <li>Fat Free Chocolate Milk</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>Strawberry Banana Yogurt 4oz Cup</li> <li>100% Orange Juice 6oz</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>Chocolate Elf Grahams</li> <li>White 1% Low Fat Milk</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>Apple Cinnamon Muffin</li> <li>100% Grape Juice 6oz</li> </ul>
<b>29</b> <ul style="list-style-type: none"> <li>Whole Grain Pretzel Heartzels</li> <li>White 1% Low Fat Milk</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>String Cheese</li> <li>Fresh Baby Carrots</li> <li>Buttermilk Ranch Packet</li> </ul>			

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

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

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