

# March 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
  - Patty Melt Sandwich W/ Crackers
- Vegetarian Entree**
- Oven Baked Rotini with Seasoned Vegetables & Breadstick
- Hot Vegetable**
- California Blend Veggies
- Pre-K Lunch**
- Entrees**
- Patty 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
  - Crispy Chicken Corn Dog
- 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**
- Cheese-Filled Breadstick W/ Marinara
  - Ants on a Log Power Pack
- Hot Vegetable**
- Crispy Tater Tots
- Pre-K Lunch**
- Entrees**
- Cheese-Filled Breadstick W/ Marinara
- Hot Vegetable**
- Crispy Tater Tots
- Beverage**
- White 1% Low Fat Milk

**6**

- Entrees**
- Large Cobb Chicken Salad with Whole Wheat Roll
  - Spicy Buffalo Ranch Chicken Sandwich
- Vegetarian Entree**
- Creamy Macaroni & Cheese
- Hot Vegetable**
- Promotion**
- Baked Broccoli Au Gratin
- Pre-K Lunch**
- Entrees**
- Creamy Macaroni & Cheese
- Hot Vegetable**
- Promotion**
- Baked Broccoli Au Gratin
- Beverage**
- White 1% Low Fat Milk

**7**

- Entrees**
- Jalapeno Turkey Wrap Power Pack
  - Ham, Turkey & Cheese Croissant
- Vegetarian Entree**
- Cheesy Nachos
- Hot Vegetable**
- Cooked Crinkle Cut Carrots
- Grains**
- Saltine Crackers
- Pre-K Lunch**
- Entrees**
- Ham, Turkey & Cheese Croissant
- Hot Vegetable**
- Cooked Crinkle Cut Carrots
- Beverage**
- White 1% Low Fat Milk

**8**

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

**11**

- 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
- 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
  - Ham & Cheese Power Pack w/Pretzels & M&Ms
- Vegetarian Entree**
- Cheesy Nachos
- 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**
- Seasoned Spinach and Onions
- Promotion**
- Seasoned Spinach and Onions
- Pre-K Lunch**
- Entrees**
- Traditional Cheese Quesadilla
- Hot Vegetable**
- Seasoned Spinach and Onions
- Promotion**
- Seasoned Spinach and Onions
- Beverage**
- White 1% Low Fat Milk

**14**

- Entrees**
- Mama Mia Dog
  - Juicy Turkey Hot Dog
- Vegetarian Entree**
- Protein Power Pack with Eggs & Whole Grain Crackers
- Hot Vegetable**
- Crispy Tater Tots
- Pre-K Lunch**
- Entrees**
- Traditional Turkey & Cheese Sandwich w/Crackers
- Hot Vegetable**
- Crispy Tater Tots
- Beverage**
- White 1% Low Fat Milk

**15**

- Entrees**
- Crispy Buffalo Chicken Salad w/ Crackers
  - Oven Baked Chicken Alfredo Pizza
  - Crispy Fish Nuggets w/Whole Grain Dinner Roll
- Vegetarian Entree**
- Savory Cheese Pizza
- Hot Vegetable**
- Seasoned Italian Mixed Veggies
- Pre-K Lunch**
- Entrees**
- Savory Cheese Pizza
- Vegetables**
- Seasoned Italian Mixed Veggies
- Beverage**
- White 1% Low Fat Milk

**18**

- Entrees**
- Crispy Chicken Salad W/ Crackers
  - Cheesy Turkey Ham Melt Sandwich w/Crackers
- Vegetarian Entree**
- Baked Rotini with Vegetables
- Hot Vegetable**
- Peppercorn
- Pre-K Lunch**
- Entrees**
- Baked Rotini with Vegetables
- Hot Vegetable**
- Peppercorn
- Beverage**
- White 1% Low Fat Milk

**19**

- Entrees**
- Baked Chicken Parmesan Sandwich
- Promotion**
- Jerk Chicken w/ Caribbean Rice
- Vegetarian Entree**
- Ants on a Log Power Pack
- Hot Vegetable**
- Broccoli With Creamy Cheese Sauce
- Pre-K Lunch**
- Entrees**
- Jerk Chicken w/ Caribbean Rice
- Hot Vegetable**
- Broccoli With Creamy Cheese Sauce
- Beverage**
- White 1% Low Fat Milk

**20**

- Entrees**
- Fresh Daily Large Chef Salad w/ Roll
  - Beefy Flour Tacos
- Vegetarian Entree**
- Cheesy Bean Flour Taco
- Hot Vegetable**
- Promotion**
- Braised Mustard Greens
- Pre-K Lunch**
- Entrees**
- Beefy Flour Tacos
- Hot Vegetable**
- Promotion**
- Braised Mustard Greens
- Beverage**
- White 1% Low Fat Milk

**21**

- Entrees**
- Roasted BBQ Turkey Wrap
- Vegetarian Entree**
- Spinach & Black Bean Wrap
- Vegetables**
- Fresh Baby Carrots
  - Crunchy Cucumber Slices
- Grains**
- Whole Grain Cheddar Cheez-Its
- Pre-K Lunch**
- Entrees**
- Turkey & Cheese Sub
- Hot Vegetable**
- Crunchy Cucumber Slices
- Grains**
- Whole Grain Cheddar Cheez-Its
- Beverage**
- White 1% Low Fat Milk

**22**

**No School**

Conferences- No School



25

26

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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@sfc.org

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