



December 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

- 3**
- Entrees**
- Favorite Chicken Parmesan
 - Crispy Chicken Ranch Wrap
- Vegetarian Entree**
- Grilled Cheese Sandwich
- Hot Vegetable**
- Cooked Green Beans
- Fruits**
- Sliced Apples
 - Diced Peaches
- Pre-K Lunch**
- Entrees**
- Favorite Chicken Parmesan
- Hot Vegetable**
- Cooked Green Beans
- Fruits**
- Sliced Apples

TUESDAY

- 4**
- Entrees**
- Large Crispy Chicken Salad with Croutons
 - Cheesy Egg & Sausage Tacos
 - Homemade Egg & Cheese Burrito 9"
- Vegetarian Entree**
- Fruit & Yogurt Power Pack
- Hot Vegetable**
- Country Style Chunky Hash Brown
- Fruits**
- Fresh Sliced Oranges
 - Sweet Mixed Fruit
- Pre-K Lunch**
- Entrees**
- Homemade Egg & Cheese Burrito 9"
- Hot Vegetable**
- Country Style Chunky Hash Brown
- Fruits**
- Fresh Sliced Oranges

WEDNESDAY

- 5**
- Entrees**
- Classic Cheese Pizza
 - Chicken Alfredo Pizza
- Vegetarian Entree**
- Veggie Ranch Wrap
- Hot Vegetable**
- Seasoned Broccoli Florets
- Fruits**
- Fresh Banana
 - Juicy Mandarin Oranges
- Pre-K Lunch**
- Entrees**
- Creamy Chicken Alfredo Pizza
- Hot Vegetable**
- Seasoned Broccoli Florets
- Fruits**
- Fresh Banana

THURSDAY

- 6**
- Entrees**
- Spicy Crispy Chicken Caesar Salad
 - Tangy BBQ Chicken Sandwich
 - Fajita Chicken Fried Rice
- Vegetarian Entree**
- Sunbutter & Banana Wrap Power Pack
- Hot Vegetable**
- Oven Baked Potato Wedges
- Fruits**
- Sliced Apples
 - Sweet Diced Pears
- Pre-K Lunch**
- Entrees**
- Fajita Chicken Fried Rice
- Hot Vegetable**
- Oven Baked Potato Wedges
- Fruits**
- Sliced Apples

FRIDAY

- 7**
- Entrees**
- Grilled Cheeseburger
 - Cheesy Turkey Ham Melt Sandwich w/Crackers
- Vegetarian Entree**
- Oven Baked Rotini with Seasoned Vegetables & Breadstick
- Hot Vegetable**
- California Blend Veggies
- Fruits**
- Fresh Banana
 - Unsweetened Applesauce
- Pre-K Lunch**
- Entrees**
- Cheesy Turkey Ham Melt Sandwich w/Crackers
- Hot Vegetable**
- California Blend Veggies
- Fruits**
- Fresh Banana

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- Entrees**
- Orange Chicken W/ Rice
 - Spicy Chicken Sandwich
- Vegetarian Entree**
- Whole Wheat Green Chile Quesadilla
- Hot Vegetable**
- Freshly Steamed Cauliflower
- Fruits**
- Sliced Apples
 - Juicy Pineapple Chunks
- Pre-K Lunch**
- Entrees**
- Orange Chicken W/ Rice
- Hot Vegetable**
- Freshly Steamed Cauliflower
- Fruits**
- Sliced Apples

11

- Entrees**
- Large Tangy Hawaiian Chicken Salad with Croutons & Roll
 - Ham, Turkey & Cheese Croissant
 - Hot Turkey Chili with Homestyle Cornbread & Whole Grain Crackers
- Vegetarian Entree**
- Ants on a Log Power Pack
- Hot Vegetable**
- Crispy Tater Tots
- Fruits**
- Fresh Sliced Oranges
 - Sweet Diced Pears
- Pre-K Lunch**
- Entrees**
- Hot Turkey Chili with Homestyle Cornbread & Whole Grain Crackers
- Hot Vegetable**
- Crispy Tater Tots
- Fruits**
- Fresh Sliced Oranges

12

- Entrees**
- Mac & Cheese Dog
 - Juicy Turkey Hot Dog
 - Turkey & Cheese Sub
- Vegetarian Entree**
- Creamy Macaroni & Cheese
- Hot Vegetable**
- Peppered Corn
- Fruits**
- Sweet Mixed Fruit
 - Sliced Apples
- Pre-K Lunch**
- Entrees**
- Creamy Macaroni & Cheese
- Hot Vegetable**
- Peppered Corn
- Fruits**
- Sliced Apples

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- Entrees**
- Chicken Caesar Salad W/ Crackers
 - Classic Cheese Pizza
 - Crispy BBQ Chicken Pizza
- Vegetarian Entree**
- Egg, Goldfish, Raisins, Carrots Power Pack
- Hot Vegetable**
- Cooked Crinkle Cut Carrots
- Fruits**
- Fresh Sliced Oranges
 - Unsweetened Applesauce
- Grains**
- Saltine Crackers
- Pre-K Lunch**
- Entrees**
- Crispy BBQ Chicken Pizza
- Hot Vegetable**
- Cooked Crinkle Cut Carrots
- Fruits**
- Fresh Sliced Oranges

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- Entrees**
- Classic Chicken Fried Rice
 - Juicy Hamburger
- Vegetarian Entree**
- Cheesy Broccoli Baked Potato W/ Biscuit
- Hot Vegetable**
- Seasoned Broccoli Florets
- Fruits**
- Fresh Banana
 - Diced Peaches
- Pre-K Lunch**
- Entrees**
- Classic Chicken Fried Rice
- Hot Vegetable**
- Seasoned Broccoli Florets
- Fruits**
- Fresh Banana

17

- Entrees**
- Beef Ravioli W/ Roll & Crackers
 - Homemade Whole Grain Chicken Tacos
- Vegetarian Entree**
- Bean and Cheese Breakfast Tacos
- Hot Vegetable**
- Classic Refried Beans
- Fruits**
- Sliced Apples
 - Juicy Mandarin Oranges
- Pre-K Lunch**
- Entrees**
- Homemade Whole Grain Chicken Tacos
- Hot Vegetable**
- Classic Refried Beans
- Fruits**
- Sliced Apples

18

- Entrees**
- Small BBQ Chicken Salad with Whole Grain Crackers
 - Oven Baked Cheesy Beef Penne with Breadstick
 - Juicy Hamburger
- Vegetarian Entree**
- Fruit & Yogurt Power Pack
- Hot Vegetable**
- Cooked Green Beans
- Fruits**
- Fresh Sliced Oranges
 - Juicy Pineapple Chunks
- Pre-K Lunch**
- Entrees**
- Small BBQ Chicken Salad with Whole Grain Crackers
- Hot Vegetable**
- Cooked Green Beans
- Fruits**
- Fresh Sliced Oranges

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- Entrees**
- Popcorn Chicken W/ Roll
- Vegetarian Entree**
- Fresh Vegetable Pizza
 - Savory Cheese Pizza
- Hot Vegetable**
- Southwestern Corn Salad
- Fruits**
- Fresh Banana
 - Unsweetened Applesauce
- Pre-K Lunch**
- Entrees**
- Popcorn Chicken W/ Roll
- Hot Vegetable**
- Southwestern Corn Salad
- Fruits**
- Fresh Banana

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- Entrees**
- Southwest Chicken Salad W/ Crackers
 - Italian Meat Sauce over Rotini Noodles with Breadstick
 - Whole Grain Crunchy Popcorn Chicken & Seasoned Brown Rice Bowl
- Vegetarian Entree**
- Sunbutter & Banana Wrap Power Pack
- Hot Vegetable**
- Seasoned Italian Mixed Veggies
- Fruits**
- Sliced Apples
 - Diced Peaches
- Pre-K Lunch**
- Entrees**
- Whole Grain Crunchy Popcorn Chicken & Seasoned Brown Rice Bowl
- Hot Vegetable**
- Seasoned Broccoli Florets
- Fruits**
- Sliced Apples

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- Entrees**
- Ham, Turkey & Cheese Wrap
- Vegetarian Entree**
- Spinach & Black Bean Wrap
- Vegetables**
- Fresh Carrots Sticks
- Fruits**
- Fresh Banana
- Grains**
- Whole Grain Pretzel Heartzels
- Pre-K Lunch**
- Entrees**
- Ham, Turkey & Cheese Wrap
- Vegetables**
- Fresh Carrots Sticks
- Fruits**
- Fresh Banana
- Grains**
- Whole Grain Pretzel Heartzels

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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@sfellc.org

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

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