



January 2012

Due to our constant pursuit of excellence SFE will enhance our menus through students feedback, surveys, parent meetings, recipe development and market trends



Monday 2		Tuesday 3		Wednesday 4		Thursday 5		High School Menu	
				Cheese Crisp Chicken Alfredo Italian Submarine Pepperoni or Cheese Pizza Hamburger BBQ Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cream of Wheat Fresh Fruit Selection Assorted Low Sugar Cereal		Beef & Bean Burrito Meatloaf Turkey & Cheese Sandwich Mini Corn Dogs Pepperoni or Cheese Pizza Grilled Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Egg & Sausage Muffin Fresh Fruit Selection Assorted Low Sugar Cereal		Friday 6 Hawaiian Pizza Pepperoni or Cheese Pizza Chicken Patty Sandwich Potato Wedges Chicken Garden Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal	
				Monday 9 BBQ Chicken Beef Tostada w/ Spanish Rice Ham & Cheese Sandwich Mini Corn Dogs Pepperoni or Cheese Pizza Teriyaki Chicken Salad Garden Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Egg, Ham & Cheese Bagel Fresh Fruit Selection Assorted Low Sugar Cereal		Tuesday 10 Chicken Enchilada w/ Spanish Rice Beef Pepper Steak Mashed Potatoes w/ Gravy Turkey & Cheese Wrap Chicken Patty Sandwich Garden Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cinnamon Roll with Icing Fresh Fruit Selection Assorted Low Sugar Cereal		Wednesday 11 Rotini with Meat Sauce Chicken Chow Mein Cheeseburger Tuna Salad Sandwich Pepperoni or Cheese Pizza Italian Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Waffles & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 16 		Tuesday 17 Beef Lo Mein Chicken Parmesan Vegetarian Sandwich Hamburger Pepperoni or Cheese Pizza Teriyaki Chicken Salad Garden Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Biscuits & Gravy w/ Sausage Fresh Fruit Selection Assorted Low Sugar Cereal		Wednesday 18 Chicken Tetrazzini Taco Salad Ham & Cheese Sandwich Chicken Patty Sandwich Pepperoni or Cheese Pizza Tuna Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal		Thursday 19 Orange Chicken w/ Rice Macaroni & Cheese Turkey & Cheese Sandwich Cheeseburger Pepperoni or Cheese Pizza BBQ Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cheesy Scrambled Eggs Fresh Fruit Selection Assorted Low Sugar Cereal		Friday 20 Sausage Pizza Pepperoni or Cheese Pizza Chicken Patty Sandwich Potato Wedges Garden Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Oatmeal w/ Toast Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 23 Spaghetti with Meat Sauce Beef Tostada w/ Spanish Rice Peanut Butter Sandwich Pepperoni or Cheese Pizza Chili Dog Caribbean Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Big Bite Sandwich w/ Sausage Fresh Fruit Selection Assorted Low Sugar Cereal		Tuesday 24 Oven Baked Chicken w/ Mash & Gravy Chicken Teriyaki w/ Rice Grilled Cheese Sandwich Beef Fingers Pepperoni or Cheese Pizza Stuffed Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Ham, Egg, & Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal		Wednesday 25 Chili con Carne w/ Corn Bread Cheese Quesadilla Peanut Butter Sandwich Cheeseburger Pepperoni or Cheese Pizza Hawaiian Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast French Toast Sticks w/ Sausage Fresh Fruit Selection Assorted Low Sugar Cereal		Thursday 26 Bean & Cheese Burrito Beef Lasagna w/ Breadstick Italian Submarine Chicken Patty Sandwich Pepperoni or Cheese Pizza Southwest Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cinnamon Raisin Bagel w/ Cream Cheese Fresh Fruit Selection Assorted Low Sugar Cereal		Friday 27 Hawaiian Pizza Pepperoni or Cheese Pizza Mini Corn Dogs Potato Wedges Tuna Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancake Wrap Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 30 Turkey Pot Pie Chicken Fajitas w/ Spanish Rice Turkey & Cheese Sandwich Hamburger Pepperoni or Cheese Pizza Crispy Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Egg & Cheese Biscuit w/ Hash Browns Fresh Fruit Selection Assorted Low Sugar Cereal		Tuesday 31 Cheese Enchilada w/ Spanish Rice Salisbury Steak w/ Gravy Crispy Chicken Wrap Chicken Patty Sandwich Pepperoni or Cheese Pizza Ham & Cheese Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Apple Delite Loaf Fresh Fruit Selection Assorted Low Sugar Cereal		 Choose from the Salad Bar Daily!		Comments- Please contact us at 9278-729-7020		High School Menu Meal Prices Adult Lunch \$2.00 Adult Breakfast \$1.00	
						Now accepting employment applications for the cafeteria.		Milk \$.25	
<p>In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.</p> <p>To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer."</p>									
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Elementary/Middle School

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
		Pasta Primavera Cheeseburger Green Peas Fresh Fruit & Vegetable Bar Variety of Milk	Spaghetti w/ Marinara Crispy Chicken Wrap Mixed Vegetables Fresh Fruit & Vegetable Bar Variety of Milk	Tuna Salad Sandwich Taco Salad French Fries Fresh Fruit & Vegetable Bar Variety of Milk
		Breakfast Cream of Wheat w/ Toast Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Sausage & Egg Muffin w/ Hashbrown Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Chicken Patty Sandwich Beef Fingers Broccoli Fresh Fruit & Vegetable Bar Variety of Milk	Beefy Macaroni Cheese Quesadilla Green Beans Fresh Fruit & Vegetable Bar Variety of Milk	Chicken & Noodles Beefy Nachos Corn Fresh Fruit & Vegetable Bar Variety of Milk	BBQ Chicken Cheese Pizza Carrots Fresh Fruit & Vegetable Bar Variety of Milk	<p>No School!</p>
Breakfast Egg, Ham & Cheese Bagel w/ Hashbrown Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Cinnamon Roll with Icing Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Waffles with Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Egg & Cheese Burrito w/ Hashbrown Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
	Sloppy Joe Sandwich BBQ Chicken Wrap Corn on the Cob Fresh Fruit & Vegetable Bar Variety of Milk	Chicken Spaghetti Beef Soft Tacos Broccoli Fresh Fruit & Vegetable Bar Variety of Milk	Orange Chicken w/ Rice Fish Nuggets California Vegetables Fresh Fruit & Vegetable Bar Variety of Milk	Pepperoni Pizza Chicken Fajitas Seasoned French Fries Fresh Fruit & Vegetable Bar Variety of Milk
	Breakfast Biscuits & Gravy with Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Pancakes with Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Cheesy Scrambled Eggs with Hashbrown Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Oatmeal with Toast Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Chicken Tostada Rotini with Marinara Corn Fresh Fruit & Vegetable Bar Variety of Milk	Macaroni & Cheese Sausage Pizza Mixed Vegetables Fresh Fruit & Vegetable Bar Variety of Milk	Mini Corn Dogs Vegetable Lasagna Green Peas Fresh Fruit & Vegetable Bar Variety of Milk	Bean & Cheese Burrito BBQ Chicken Salad Pinto Beans Fresh Fruit & Vegetable Bar Variety of Milk	Vegetable Lo Mein Chicken Quesadilla California Vegetables Fresh Fruit & Vegetable Bar Variety of Milk
Breakfast Big Bite Sandwich with Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Ham, Egg & Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast French Toast Slices w/ Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Cinnamon Raisin Bagel w/ Cream Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Pancake Wrap Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 30	Tuesday 31	<p>Meal Prices</p> <p>Adult Breakfast \$1.00 Adult Lunch \$2.00</p> <p>Milk \$0.25</p>	<p>Choose from the Salad Bar Daily!</p>	Now accepting employment applications for the cafeteria.
Fish Tacos Chili con Carne Mixed Vegetables Fresh Fruit & Vegetable Bar Variety of Milk	Crispy Chicken Wrap Cheese Pizza Tater Puff's Fresh Fruit & Vegetable Bar Variety of Milk			Comments- Please contact us at- 928-729-7020
Breakfast Egg & Cheese Burrito w/ Hashbrown Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Apple Delite Loaf Fresh Fruit Selection Assorted Low Sugar Cereal			
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