



# SEPTEMBER 2019

## PRE K Lunch and snack Menu



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

Monday	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Student lunch cost \$2.95 Includes: Entrée Fruit Vegetable Milk	Chicken Nugget Snowbowl with freshly baked dinner roll Vegetable	Spaghetti with meat sauce fresh fruit vegetable	Orange chicken with steamed rice fresh fruit vegetable	Homemade Cheese Pizza fresh fruit vegetable
	Snack AM: Muffins and Milk PM: Apples and String Cheese	Snack AM: Grahams & Milk PM: Saltines & Juice	Snack AM: Goldfish & Milk PM: Animal Crackers & Milk	Snack AM: Banana & Milk PM: Cheezits & Juice
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
BBQ Pulled Pork Sandwich fresh fruit vegetable	Mini Corndogs fresh fruit vegetable	BBQ glazed chicken with veggies fresh fruit	Orange Chicken with steamed rice fresh fruit vegetable	Homemade Cheese Pizza fresh fruit vegetable
Snack AM: Grapes and String Cheese PM: Pretzels & Milk	Snack AM: Muffin and Milk PM: Apples and Grahams	Snack AM: Carrots & Ranch & Milk PM: Animal Crackers & Milk	Snack AM: Banana and Milk PM: Cheezits & Juice	Snack AM: Grahams & Milk PM: Oranges & Saltines
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Chicken Nuggets & French Fries fresh fruit	Taco Tuesday fresh fruit vegetable	Grilled Ham and Cheese Sandwich Fresh Fruit Vegetables	Creamy Penne Pasta w/Garlic bread Fresh Fruit Vegetables	Early Release for Grandparents Day No Lunch
Snack AM: Cheerios & Milk PM: Goldfish & Milk	Snack AM: Mozzarella string cheese Juice PM: Animal crackers & Milk	Snack AM: Fresh Apple, Graham crackers PM: Blueberry muffin & Milk	Snack AM: Goldfish crackers, Milk PM: Grape juice & graham craker	Snack AM: Fresh banana, Milk PM: Cheezits & Apple juice
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Bean and Cheese Burrito Fresh Fruit Vegetables	Oven Baked Lasagne Fresh Fruit Vegetables	Ham and Cheese Sandwich Fresh Fruit Vegetable	Beef Ravioli w/fresh dinner roll Fresh Fruit Vegetables	Homemade Cheese Pizza Fresh Fruit Vegetables
Snack AM: Grape bunches, String cheese PM: Pretzels & milk	Snack AM: Mini Muffin, Milk PM: Fresh apple & Graham crackers	Snack AM: Baby carrots w/ranch, milk PM: Animal crackers & Milk	Snack AM: Cheerios & milk PM: Banana & Milk	Snack AM: Honey Graham crackers, milk PM: Orange slices & Saltines
Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Chicken and Waffles Fresh Fruit Vegetables	<b>Name:</b> _____ <b>Grade:</b> _____ <b>Date(s) of lunch needed</b> _____ <b>Total number of lunches ordered</b> _____ <b>Total amount paid</b> _____ <b>Cash or check (please circle one)</b> _____			
Snack AM: String Cheese, Juice PM: Fresh Orange & Saltines				



Food Service Director: Isabeth Ramirez : Phone: (602) 284-6792

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