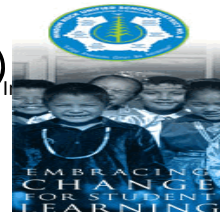




# FEBRUARY 2012



## Middle School & High School Breakfast & Lunch 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	Wednesday 1	Thursday 2	Friday 3
		Cheese Crisp Chicken Alfredo Italian Submarine Pepperoni or Cheese Pizza Hamburger BBQ Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk	Beef & Bean Burrito Meatloaf Peanut Butter & Jelly Sandwich Mini Corn Dogs Pepperoni or Cheese Pizza Grilled Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk	Hawaiian Pizza Pepperoni or Cheese Pizza Popcorn Chicken Chicken Garden Salad Potato Wedges Fresh Fruit & Vegetable Bar Variety of Milk
		Breakfast	Breakfast	Breakfast
		Cream of Wheat Fresh Fruit Selection Assorted Low Sugar Cereal	Egg, Sausage & Cheese Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Teriyaki Chicken w/ White Rice Bean & Cheese Taco w/ Span. Rice Chicken Salad Wrap Mini Corn Dogs Pepperoni or Cheese Pizza Teriyaki Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk	Chicken Snowbowl w/ Dinner Roll Beef Tostada w/ Spanish Rice Ham & Cheese Sandwich Hamburger Pepperoni or Cheese Pizza Teriyaki Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk	Chicken Fajitas w/ Spanish Rice Beef Pepper Steak w/ mash & Gravy Turkey & Cheese Wrap Chicken Patty Sandwich Pepperoni or Cheese Pizza Garden Salad Fresh Fruit & Vegetable Bar Variety of Milk	Rotini w/ Meat Sauce Pepperoni or Cheese Pizza Chicken Nuggets Potato Wedges Spicy Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk	Pepperoni or Cheese Pizza Meatlover's Pizza Popcorn Chicken Spicy Chicken Salad Potato Wedges Fresh Fruit & Vegetable Bar Variety of Milk
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Egg, Ham & Cheese Bagel Fresh Fruit Selection Assorted Low Sugar Cereal	Cinnamon Roll w/Icing Fresh Fruit Selection Assorted Low Sugar Cereal	Waffles & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Egg & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	Cinnamon French Toast Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Spaghetti with Meat Sauce Beef Tostada w/ Spanish Rice Peanut Butter & Jelly Sandwich Popcorn Chicken Pepperoni or Cheese Pizza Caribbean Salad Fresh Fruit & Vegetable Bar Variety of Milk	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	Chili con Carne w/ Corn Bread Cheese Quesadilla Chicken Salad Wrap Cheeseburger Pepperoni or Cheese Pizza Hawaiian Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk	Bean & Cheese Burrito Beef Lasagna w/ Breadstick Ham & Cheese Sandwich Chicken Patty Sandwich Pepperoni or Cheese Pizza Southwest Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk	Hawaiian Pizza Pepperoni or Cheese Pizza Mini Corn Dogs Potato Wedges Tuna w/ Mixed Greens Salad Fresh Fruit & Vegetable Bar Variety of Milk
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Big Bite Sandwich w/ Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Ham, Egg, & Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal	French Toast Sticks w/ Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Cinnamon Raisin Bagel w/ Cream Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	Pancake Wrap Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
	Beef Lo Mein Chicken Parmesan w/ Breadstick Turkey & Cheese Sandwich Hamburger Pepperoni or Cheese Pizza Teriyaki Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk	Chicken Tetrizzini w/ breadstick Taco Salad Ham & Cheese Sandwich Chicken Patty Sandwich Pepperoni or Cheese Pizza Tuna Salad w/ Mixed Greens Fresh Fruit & Vegetable Bar Variety of Milk	Orange Chicken w/ Rice Macaroni & Cheese Peanut Butter & Jelly Sandwich Cheeseburger Pepperoni or Cheese Pizza BBQ Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk	Sausage Pizza Pepperoni or Cheese Pizza Spicy Chicken Patty Sandwich Garden Salad Potato Wedges Fresh Fruit & Vegetable Bar Variety of Milk
<b>President's Day</b>	Breakfast	Breakfast	Breakfast	Breakfast
Biscuits and Gravy w/ Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Egg & Cheese Biscuit w/ Hashbrown Fresh Fruit Selection Assorted Low Sugar Cereal	Cheesy Scrambled Eggs w/ Hashbrown Fresh Fruit Selection Assorted Low Sugar Cereal	Oatmeal w/ Toast Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 27	Tuesday 28	Wednesday 29	Thursday	Friday
Shepherd's Pie Chicken Fajita's w/ Spanish Rice Turkey & Cheese Sandwich Hamburger Pepperoni or Cheese Pizza Crispy Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk	Beefy Red Enchiladas 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	Beefy Nachos w/ Spanish Rice Chicken Alfredo Turkey & Cheese Sandwich Popcorn Chicken Pepperoni or Cheese Pizza Teriyaki Chicken Fresh Fruit & Vegetable Bar Variety of Milk		
Breakfast	Breakfast	Breakfast		
Pancakes w/ Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Apple Delite Loaf Fresh Fruit Selection Assorted Low Sugar Cereal	Egg Ham & Cheese Muffin Fresh Fruit Selection Assorted Low Sugar Cereal		

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**Meal Prices**  
**Adult: \$2.00**      **Adult**  
**Breakfast: 1.00**   **Milk: 0.25**



# FEBRUARY 2012



## Elementary Breakfast and Lunch 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	Wednesday 1	Thursday 2	Friday 3
		Pasta Primavera w/ Chicken Hamburger Green Peas	Spaghetti w/ Marinara Sauce BBQ Chicken Wrap Mixed Vegetables	Tuna Salad Sandwich Crispy Chicken Salad Peas & Carrots
		Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk
		Breakfast Cream of Wheat Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Egg, Sausage & Cheese Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Beef & Bean Tamale Pie Hot Dog French Fries	Beef Fingers Chicken Patty Sandwich Broccoli	Beefy Macaroni Chinese Chicken Rice Green Beans	Beefy Nachos Chicken & Noodles w/ Vegetable Corn	BBQ Chicken Cheese Pizza Carrots
Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk
Breakfast Egg, Ham & Cheese Bagel Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Cinnamon Roll w/ Icing Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Waffles & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Egg & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Cinnamon French Toast Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Chicken Tostada Rotini w/ Marinara Corn	Sausage Pizza Macaroni & Cheese Mixed Vegetables	Mini Corn Dogs Vegetable Lasagna Green Peas	BBQ Chicken Salad Bean & Cheese Burrito Pinto Beans	Veggie Lomein Chicken Quesadilla California Vegetables
Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk
Breakfast Big Bite Sandwich w/ Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Ham, Egg, & Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast French Toast Sticks 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 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
 <b>President's Day</b>	Sloppy Joe Asian chicken Wrap Corn on the Cob	Chicken Spaghetti Beef Soft Taco Broccoli	Orange Chicken w/ Rice Fish Nuggets California Vegetables	Pepperoni Pizza Chicken Fajitas French Fries
	Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk
Breakfast Biscuits and Gravy w/ Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Egg & Cheese Biscuit w/ Hashbrown Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Cheesy Scrambled Eggs w/ Hashbrown Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Oatmeal w/ Toast Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 27	Tuesday 28	Wednesday 29	Thursday	Friday
Fish Soft Taco Chili con Carne Mixed Vegetables	Cheese Pizza Crispy Chicken Wrap Tater Puffs	Spaghetti w/ Meatballs Chicken Nuggets Broccoli		
Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk	Fresh Fruit & Vegetable Bar Variety of Milk		
Breakfast Pancakes w/ Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Apple Delite Loaf Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Egg Ham & Cheese Muffin Fresh Fruit Selection Assorted Low Sugar Cereal		

### Meal Prices

Adult: \$2.00  
Paid Breakfast: \$1.00

Milk: \$0.25

Comments- Please contact us at  
928-729-7020

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