



# December 2011

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



<b>K-8 Menu</b> Adult Breakfast \$1.00 Adult Lunch \$2.00 Milk \$0.25			<b>Thursday 1</b> Spaghetti with Marinara Crispy Chicken Wrap  Mixed Vegetables Fresh Fruit & Vegetable Bar Variety of Milk	<b>Friday 2</b> Hamburger Southwest Chicken Salad  French Fries Fresh Fruit & Vegetable Bar Variety of Milk
			<b>Breakfast</b> Cream of Wheat Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Breakfast</b> Sausage & Egg Muffin Fresh Fruit Selection Assorted Low Sugar Cereal
<b>Monday 5</b> Cheese Pizza Macaroni & Cheese  Green Beans Fresh Fruit & Vegetable Bar Variety of Milk	<b>Tuesday 6</b> BBQ Chicken with Roll Bean & Cheese Tostada  Canned Carrots Fresh Fruit & Vegetable Bar Variety of Milk	<b>Wednesday 7</b> Chicken Burrito Beef & Broccoli  Mixed Vegetables Fresh Fruit & Vegetable Bar Variety of Milk	<b>Thursday 8</b> Chicken Salad Wrap Sweet & Sour Chicken  Steamed Broccoli Fresh Fruit & Vegetable Bar Variety of Milk	<b>Friday 9</b> Beefy Macaroni Chicken Fajitas  Mexican Fresh Fruit & Vegetable Bar Variety of Milk
<b>Breakfast</b> Breakfast Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Breakfast</b> Cinnamon Roll Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Breakfast</b> Waffles & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Breakfast</b> Cheesy Scrambled Eggs Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Breakfast</b> Biscuits & Gravy Fresh Fruit Selection Assorted Low Sugar Cereal
<b>Monday 12</b> Hawaiian Pizza Chicken Nuggets  French Fries Fresh Fruit & Vegetable Bar Variety of Milk	<b>Tuesday 13</b> Beef Soft Taco Rotini with Meat Sauce  Steamed Corn Fresh Fruit & Vegetable Bar Variety of Milk	<b>Wednesday 14</b> Chicken & Noodles Tuna Salad Sandwich  Steamed Broccoli Fresh Fruit & Vegetable Bar Variety of Milk	<b>Thursday 15</b> BBQ Chicken Sandwich Chicken Teriyaki Stir Fry  Corn on the Cob Fresh Fruit & Vegetable Bar Variety of Milk	<b>Friday 16</b> Oven Roasted Chicken Soft Beef Taco  Mexican Pinto Beans Fresh Fruit & Vegetable Bar Variety of Milk
<b>Breakfast</b> Sausage Big Bite Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Breakfast</b> Breakfast Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Breakfast</b> French Toast Sticks Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Breakfast</b> Cinnamon Raisin bagel Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Breakfast</b> Pancake Wrap Fresh Fruit Selection Assorted Low Sugar Cereal
<b>Monday 19</b> Corn Dog Grilled Cheese Sandwich  Peas & Carrots Fresh Fruit & Vegetable Bar Variety of Milk	<b>Tuesday 20</b> Peanut Butter Sandwich Chicken Patty Sandwich  Fresh Carrots & Celery Fresh Fruit & Vegetable Bar Variety of Milk			
<b>Breakfast</b> Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Breakfast</b> Banana Breakfast Bar Fresh Fruit Selection Assorted Low Sugar Cereal			
<b>Monday 27</b> 	<b>Tuesday 28</b> 	<b>Wednesday 29</b> 	<b>Thursday 30</b> 	
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.			<b>Foodservice Director: ????????????</b>	
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.			<b>Comments? (???) ???-????</b>	
			<b>Menu is Subject to change.</b>	



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<p><b>High School</b></p> <p>Adult Breakfast \$1.00</p> <p>Adult Lunch \$2.00</p> <p>Milk \$0.25</p>			<p><b>Thursday 1</b></p> <p>Bean &amp; Cheese Burrito Chicken Alfredo Italian Sub Sandwich Hamburger Selection of Pizza Side: Steamed Corn Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>	<p><b>Friday 2</b></p> <p>Cheese Pizza Pepperoni Pizza Hawaiian Pizza Cheeseburger</p> <p>Side: Potato Wedges Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>
<p><b>Monday 5</b></p> <p>BBQ Glazed Chicken Beef Tostada with Spanish Rice Turkey &amp; Cheese Sub Sandwich Mini Corn Dogs Selection of Pizza Side: Steamed Carrots Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>	<p><b>Tuesday 6</b></p> <p>Chicken Burrito Bowl Beef Pepper Steak Turkey &amp; Cheese Wrap Chicken Patty Sandwich Selection of Pizza Side: Green Beans Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>	<p><b>Wednesday 7</b></p> <p>Rotini with Meat Sauce Chicken Chow Mein Tuna Salad Sandwich Cheeseburger Selection of Pizza Side: Steamed Corn Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>	<p><b>Thursday 8</b></p> <p>Crunchy Beef Tacos Philly Cheesesteak Sandwich Peanut Butter &amp; Jelly Sandwich Hamburger Selection of Pizza Side: Steamed Corn Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>	<p><b>Friday 8</b></p> <p>Cheese Pizza Pepperoni Pizza Mac'lovers Pizza Cheeseburger</p> <p>Side: Potato Wedges Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>
<p><b>Breakfast</b></p> <p>Breakfast Burrito Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Breakfast</b></p> <p>Cinnamon Roll Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Breakfast</b></p> <p>Waffles &amp; Sausage Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Breakfast</b></p> <p>Cheesy Scrambled Eggs Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Breakfast</b></p> <p>Biscuits &amp; Gravy Fresh Fruit Selection Assorted Low Sugar Cereal</p>
<p><b>Monday 12</b></p> <p>Spaghetti with Meat Sauce Beef Tostada with Spanish Rice Peanut Butter &amp; Jelly Sandwich Cheeseburger Selection of Pizza Side: Steamed Carrots Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>	<p><b>Tuesday 13</b></p> <p>Beef &amp; Broccoli over Noodles Caribbean Salad with Breadstick Vegetarian Sub Sandwich Mini Corn Dogs Selection of Pizza Side: Corn on the Cob Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>	<p><b>Wednesday 14</b></p> <p>Chicken Tetrazzini Chicken Burrito Bowl Ham &amp; Cheese Sub Sandwich Hamburger Selection of Pizza Side: Green Beans Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>	<p><b>Thursday 15</b></p> <p>Orange Chicken with Rice Macaroni &amp; Cheese Turkey &amp; Cheese Sub Sandwich Chicken Patty Sandwich Selection of Pizza Side: Mixed Vegetables Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>	<p><b>Friday 16</b></p> <p>Cheese Pizza Pepperoni Pizza Sausage Pizza Chicken Patty Sandwich</p> <p>Side: Potato Wedges Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>
<p><b>Breakfast</b></p> <p>Sausage Big Bite Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Breakfast</b></p> <p>Breakfast Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Breakfast</b></p> <p>French Toast Sticks Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Breakfast</b></p> <p>Cinnamon Raisin bagel Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Breakfast</b></p> <p>Pancake Wrap Fresh Fruit Selection Assorted Low Sugar Cereal</p>
<p><b>Monday 19</b></p> <p>Oven Baked Chicken Teriyaki Chicken Salad Grilled Cheese Sandwich Chicken Nuggets Selection of Pizza Side: Steamed Broccoli Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>	<p><b>Tuesday 20</b></p> <p>Cheeseburger Peanut Butter &amp; Jelly Sandwich Selection of Pizza</p> <p>Side: Potato Wedges Fresh Fruit &amp; Vegetable Bar Variety of Milk</p>			
<p><b>Breakfast</b></p> <p>Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Breakfast</b></p> <p>Banana Breakfast Bar Fresh Fruit Selection Assorted Low Sugar Cereal</p>			
<p><b>Monday 27</b></p>	<p><b>Tuesday 28</b></p>	<p><b>Wednesday 29</b></p>	<p><b>Thursday 30</b></p>	
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"Please join us for Roving Chef demonstration on December ??, at School Name.

Now accepting employment applications for the cafeteria.