



AUGUST 2014

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	Thursday	Friday
Meal Prices Breakfast Meal: Free Second Meal \$1.35 Adult Breakfast: \$2.25 Lunch meal: Free Second Meal: \$1.35 Adult Lunch: \$ 2.50 Milk: \$0.40				
<i>The following are :</i>	Taco Street: Beef, Chicken or Fish Tacos	Deli: Assorted Subs, Sandwiches or Wraps	Pasta Express: Beef or Penne w/ Assorted Sauces	Fresh Fruit & Vegetable Bar
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Traditional Cuisine: Country Fried Steak w/ roll Ballpark Classics: Spicy Chicken Sandwich Luigi's : Cheese or Pepperoni Pizza Italian Panini Red Dragon: Chicken Teriyaki/ Brown Rice Gourmet Greens: Grilled Chicken Garden Salad & Crackers Hot Vegetable: 5-Way Mixed or Monterey Blend or Tater Gems or Mexicorn Variety of Milk Breakfast Breakfast on a Stick w/ Syrup Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Chicken Tetraxzini w/ Breadstick Ballpark Classics: Cheeseburger Luigi's : Cheese or Buffalo Chicken Pizza Italian Panini Red Dragon: Beef Stir Fry w/ Brown Rice Gourmet Greens: Chef Salad w/ Crackers Hot Vegetable: Steamed Broccoli or Tater Gems or Mexicorn or Monterey Blend Variety of Milk Breakfast Whole grain Blueberry Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Meatloaf w/ Roll and Rice Ballpark Classics: Hamburger Luigi's : Cheese or Sausage Crumbles Pizza Italian Panini Red Dragon: Orange Chicken w/ Rice Gourmet Greens: Ham & Cheese Salad Hot Vegetable: Green Peas, or Tater Gems or Mexicorn or Monterey Blend Variety of Milk Breakfast Cinnamon French Toast w/ Syrup Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Chicken Pot Pie w/ Biscuit Crust Ballpark Classics: Cheeseburger Luigi's : Cheese or BBQ Chicken Pizza Italian Panini Red Dragon: Beef Thai Noodle w/ Rice Gourmet Greens: Chicken Caesar Salad w/ Crackers Hot Vegetable: Tater Gems, Cooked Green Beans, Mexicorn or Monterey Blend Variety of Milk Breakfast Oatmeal Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Meatballs & Noodles w/ roll Ballpark Classics: Spicy Chicken Sandwich Luigi's : Cheese or Chicken Alfredo Pizza Italian Panini Red Dragon: Sweet & Sour Chicken w/ Rice Gourmet Greens: Large Garden Salad Hot Vegetable: Cooked Crinkle Cut Carrots, or Tater Gems, or Mexicorn or Monterey Blend Variety of Milk Breakfast Sausage Bagel Sandwich Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Traditional Cuisine: Country Fried Steak w/ Roll Ballpark Classics: Spicy Chicken Sandwich Luigi's : Cheese or Pepperoni Pizza Cordon Bleu Panini Red Dragon: Chicken Teriyaki Brown Rice Gourmet Greens: Italian Chicken Salad Hot Vegetable: Potato Wedges, Mexicorn, Broccoli or Monterey Blend Variety of Milk Breakfast Mini Blueberry Pancakes w/ Syrup Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Chicken Tetraxzini w/ breadstick Ballpark Classics: Cheeseburger Luigi's : Cheese or Buffalo Chicken Pizza Cordon Bleu Panini Red Dragon: Beef Stir Fry w/ Brown Rice Gourmet Greens: Turkey Taco Salad Hot Vegetable: 5-Way Mixed, or Potato Wedges, or Mexicorn or Monterey Blend Variety of Milk Breakfast Banana Loaf Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Meatloaf, Roll & Rice Ballpark Classics: Hamburger Luigi's : Cheese or Sausage Crumbles Pizza Cordon Bleu Panini Red Dragon: Orange Chicken w/ Rice Gourmet Greens: Italian Chicken/Crackers Hot Vegetable: Potato Wedges, Mexicorn, Monterey Blend, or Steamed Broccoli Variety of Milk Breakfast French Toast Sticks & Sausage w/ Syrup Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Chicken Pot Pie Ballpark Classics: Spicy Chicken Sandwich Luigi's : Cheese or BBQ Chicken Pizza Cordon Bleu Panini Red Dragon: Beef Thai Noodle w/ Rice Gourmet Greens: Spicy Chicken Caesar Salad Hot Vegetable: Potato Wedges, Mexicorn, Cooked Crinkle Cut Carrots, Monterey Blend Variety of Milk Breakfast Pineapple & Vanilla Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Meatballs, Noodles & Roll Ballpark Classics: Spicy Chicken Sandwich Luigi's : Cheese or Chicken Alfredo Pizza Cordon Bleu Panini Red Dragon: Sweet & Sour Chicken w/ Rice Gourmet Greens: Crispy Chicken Salad & Cr. Hot Vegetable: Green Beans, Mexicorn, Seasoned Potato Wedges, Monterey Blend Variety of Milk Breakfast Egg Scramble w/ Biscuit Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Traditional Cuisine: Country Fried Steak w/ Roll Ballpark Classics: Spicy Chicken Sandwich Luigi's : Cheese or Pepperoni Pizza Turkey Pesto Panini Red Dragon: Chicken Teriyaki & Rice Gourmet Greens: Grilled Chicken Salad Hot Vegetable: Broccoli, Tater Gems, Mexicorn or Monterey Blend Variety of Milk Breakfast Whole grain Waffle Sticks w/ Syrup Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Chicken Tetraxzini Ballpark Classics: Cheeseburger Luigi's : Cheese or Buffalo Chicken Pizza Turkey Pesto Panini Red Dragon: Beef Stir Fry w/ Brown Rice Gourmet Greens: Chef Salad Hot Vegetable: Green Peas, Mexicorn, Tater Gems, Monterey Blend Variety of Milk Breakfast Oatmeal w/ Brown Sugar Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Meatloaf, Roll & rice Ballpark Classics: Hamburger Luigi's : Cheese or Sausage Crumbles Pizza Turkey Pesto Panini Red Dragon: Orange Chicken w/ Rice Gourmet Greens: Ham & Cheese Salad Hot Vegetable: Tater Gems, Mexicorn, Green Beans, or Monterey Blend Variety of Milk Breakfast Oatmeal w/ Brown Sugar Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Chicken Pot Pie Ballpark Classics: Spicy Chicken Sandwich Luigi's : Cheese or BBQ Chicken Pizza Turkey Pesto Panini Red Dragon: Beef Thai Noodle w/ Rice Gourmet Greens: Chicken Caesar Salad Hot Vegetable: Mexicorn, Tater Gems, Monterey Blend, Crinkle Cut Carrots Variety of Milk Breakfast Cinnamon Raisin Bagel w/ Cream Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Meatballs & Noodles Ballpark Classics: Cheeseburger Luigi's : Cheese or Chicken Alfredo Pizza Turkey Pesto Panini Red Dragon: Sweet & Sour Chicken w/ Rice Gourmet Greens: Garden Salad Hot Vegetable: 5 Way Mixed, Tater Gems, Monterey Blend, Mexicorn Variety of Milk Breakfast Biscuits & Gravy Fresh Fruit Selection Assorted Low Sugar Cereal

WG = Whole Grain

SLPS Foodservice Director: Althea Albert-Santiago, Director of Dining Services: Mike Butler, 314-381-4155 SFE

Nutrition Coordinator: Megan Fraley



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