



AUGUST 2014



Elementary Breakfast & Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
Meal Prices: Breakfast Meal: Free Second Meal \$1.10 Adult Breakfast: \$2.25 Lunch Meal \$ Free Second Meal \$1.10 Adult Lunch: \$2.50 Additional Milk: \$0.40				
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Turkey Hot Dog Cheese Quesedilla Grilled Chicken Garden Salad w/ Crackers Mexicorn Fresh Fruit & Vegetable Bar Variety of Milk	Orange Chicken Turkey Melt Chef Salad w/ Crackers Steamed Broccoli Fresh Fruit & Vegetable Bar Variety of Milk	WG Cheese Pizza Grilled Chicken Wrap Ham & Cheese Salad Green Peas Fresh Fruit & Vegetable Bar Variety of Milk	Meatball Sub Spicy Chicken Tenders w/ Roll Chicken Caesar Salad w/ Crackers Green Beans Fresh Fruit & Vegetable Bar Variety of Milk	Hamburger Southwest Veggie Wrap Garden Salad Crinkle Cut Carrots Green Beans Fresh Fruit & Vegetable Bar Variety of Milk
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Breakfast on a Stick w/ Syrup Cup Fresh Fruit Selection Assorted Low Sugar Cereal	Blueberry Muffin WG Fresh Fruit Selection Assorted Low Sugar Cereal	Cinnamon French Toast w/ Syrup Fresh Fruit Selection Assorted Low Sugar Cereal	Oatmeal Fresh Fruit Selection Assorted Low Sugar Cereal	Sausage Bagel Sandwich Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Chicken Teriyaki w/ Brown Rice Beef Ravioli w/ Roll Italian Chicken Salad w/ Crackers Steamed Broccoli Fresh Fruit & Vegetable Bar Variety of Milk	Turkey Corn Dog Turkey & Cheese Wrap Turnkey Taco Salad 5 Way Mix Vegetable Fresh Fruit & Vegetable Bar Variety of Milk	Spicy Chicken Sandwich Bean & Cheese Burrito Southwest Chicken Salad w/ Crackers Corn Fresh Fruit & Vegetable Bar Variety of Milk	Peperoni Pizza Grilled Cheese Sandwich Crispy Chicken Caesar Salad Crinkle Cut Carrots Fresh Fruit & Vegetable Bar Variety of Milk	Spaghetti with Meat Sauce Turkey Sub Crispy Chicken Salad w/ Crackers Green Beans Fresh Fruit & Vegetable Bar Variety of Milk
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Mini Blueberry Pancakes w/ Syrup Cup Fresh Fruit Selection Assorted Low Sugar Cereal	Banana Loaf Fresh Fruit Selection Assorted Low Sugar Cereal	French Toast Sticks & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Pineapple & Vanilla Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal	Egg Scramble w/ Biscuit Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Garlic & Herb Veggie Rotini w/ Breaksticks Chicken Nuggets w/ Roll Grilled Chicken Garden Salad w/ Crackers Steamed Broccoli Fresh Fruit & Vegetable Bar Variety of Milk	Beef Nachos Chicken Patty Sandwich Chef Salad w/ Crackers Corn Fresh Fruit & Vegetable Bar Variety of Milk	Macaroni & Cheese Spicy Chicken Rings w/ Roll Ham & Cheese Salad Green Beans Fresh Fruit & Vegetable Bar Variety of Milk	Sweet & Sour Chicken w/ Rice Cheeseburger Chicken Caesar Salad w/ Crackers Tater Gem Fresh Fruit & Vegetable Bar Variety of Milk	Sausage Pizza Grilled Ham & Cheese Sandwich Garden Salad Fresh Fruit & Vegetable Bar Variety of Milk
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Waffle Stick WG w/ Syrup Fresh Fruit Selection Assorted Low Sugar Cereal	Corny Bread & String Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	Oatmeal w/ Brown Sugar Fresh Fruit Selection Assorted Low Sugar Cereal	Cinnamon Raisin Bagel w/ Cream Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	Biscuits & Gravy Fresh Fruit Selection Assorted Low Sugar Cereal

WG - Whole grain

SLPS Food And Nutrition Services: Althea Albert-Santiago, SFE Director of Dining Services: Mike Butler, 314-381-4155
 SFE Nutrition Coordinator: Megan Fraley MS, RD, LD



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