



AUGUST 2015

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 6	Friday 7
			Nachos Hamburger Ham, Turkey, & Cheese Sandwich Pepperoni Pizza Chicken Sandwich Fresh Fruit & Vegetable Bar Variety of Milk	Spaghetti w/ Meat Sauce Grilled Cheese Chorizo Tacos Chef Salad Ham and Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk
			Breakfast Scrambled Eggs and Toast Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Sausage Bagel Sandwich Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Pepperoni Pizza Chicken Sandwich Chicken Caesar Salad Beef Lasagna Chicken Chow Mein Fresh Fruit & Vegetable Bar Variety of Milk	Orange Chicken with Rice Turkey Tacos with Rice Chicken and Stuffing Bowl Cheese Pizza Caribbean Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk	Chicken Burrito Sweet and Sour Chicken with Rice Baja Fish Tacos Turkey Wrap Crispy Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk	Spaghetti with Meatballs Carne Guisada Tacos with Rice Harvest Chicken Salad Chicken Chop Suey Supreme Navajo Tacos Fresh Fruit & Vegetable Bar Variety of Milk	Veggie Panini Chicken Caesar Salad Chicken Fried Rice Bean and Cheese Tostada Beef Tacos Fresh Fruit & Vegetable Bar Variety of Milk
Breakfast Scrambled Egg w/ Cheese & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Egg & Sausage Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Pancakes and Bacon Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Chorizo Scrambled Eggs with Toast Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Breakfast Casserole Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Chicken Burrito Chicken Mole BBQ Chicken Wrap Chef Salad Chicken Sandwich Fresh Fruit & Vegetable Bar Variety of Milk	Kung Pao Chicken with Rice Chicken Tacos Thai Chicken Salad Beef and Bean Burrito Chicken Nugget Potato Bowl Fresh Fruit & Vegetable Bar Variety of Milk	Pepperoni Pizza Caribbean Chicken Salad Baked Potato with Chili Cheese Chilaquiles with Rice Chorizo Tacos Fresh Fruit & Vegetable Bar Variety of Milk	Vegetable Lasagna Chicken Caesar Salad Ham and Cheese Sandwich Cheesy Ham Casserole Turkey Tacos Fresh Fruit & Vegetable Bar Variety of Milk	Pepperoni Pizza Ham and Cheese Salad Korean Chicken Noodles Meatloaf Rice Bowl Beef Tacos Fresh Fruit & Vegetable Bar Variety of Milk
Breakfast Egg, Ham and Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Belgian Waffle with Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Bagel and Cream Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast French Toast Sticks Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Pepperoni Pizza Beefy Macaroni Cheese Enchilada with Rice Japanese Noodle Bowl with Chicken Turkey Stuffing Bistro Bowl Fresh Fruit & Vegetable Bar Variety of Milk	Turkey Tacos with Rice Beef and Broccoli Stir Fry with Rice Popcorn Chicken Potato Bowl Beef Taco Salad Cheese Pizza Fresh Fruit & Vegetable Bar Variety of Milk	Spaghetti with Meat Sauce & Roll Chorizo Tacos with Rice Hamburger Crispy Chicken Ranch Wrap Caribbean Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk	Orange Chicken with Rice BBQ Beef Sandwich Pulled Pork Tacos with Rice Chicken Caesar Salad Cheese Crisp with Rice Fresh Fruit & Vegetable Bar Variety of Milk	Turkey Melt Potato Crunch Filet Baja Fish Tacos Beef Lo Mein BBQ Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk
Breakfast Scrambled Eggs & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast French Toast and Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Sausage Bagel Sandwich Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Chorizo Scrambled Eggs with Toast Fresh Fruit Selection Assorted Low Sugar Cereal	Breakfast Pancakes and Sausage Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 31	<h1>FREE MEALS FOR STUDENTS</h1>			Adult Breakfast: \$2.25 Adult Lunch: \$3.25
Beef Dipper Potato Bowl Ham and Cheese Panini Garlic Chile Chicken Noodles Hot Dog Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk				
Breakfast Bean and Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal				



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