



# OCTOBER 2015

## Pierson Vocational 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.

<b>Adult Meal Prices</b>  <b>Breakfast \$2.25</b>  <b>Lunch \$3.25</b>	<h1>Free Meals for students</h1>		<b>Thursday 1</b> Supreme Pizza Chicken Caesar Salad Chicken Sandwich Beef & Bean Burrito Chicken Teriyaki Fresh Fruit & Vegetable Bar Variety of Milk Breakfast French Toast Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Friday 2</b> Turkey Sandwich Ham & Cheese Salad Hamburger Nachos Chicken Alfredo Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal
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<b>Monday 5</b> Turkey & Cheese Sandwich Crunchy Chicken Salad Beefy Macaroni Beef Nachos Cheeseburger Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Egg & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Tuesday 6</b> Cheese Pizza Chicken Tenders Buffalo Chicken Salad Chicken Burrito Hamburger Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Wednesday 7</b> BLT Dog Mediterranean Salad Chicken Teriyaki Ham & Cheese Sandwich Beef & Bean Burrito Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Bagel Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Thursday 8</b> Ham & Cheese Panini Cheese Pizza Chicken Caesar Salad Hamburger Chicken Burrito Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cinnamon Roll Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Friday 9</b> Country Fried Steak Bowl Cheeseburger Supreme Pizza Nachos Ham, Turkey & Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Muffin Fresh Fruit Selection Assorted Low Sugar Cereal
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<b>Monday 12</b>	<b>Tuesday 13</b>	<b>Wednesday 14</b>	<b>Thursday 15</b>	<b>Friday 16</b>
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# FALL BREAK



<b>Monday 19</b> Turkey Sandwich Cheese Pizza Orange Chicken Cheeseburger Chef Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Ham & Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Tuesday 20</b> Crispy Chicken Salad Nachos Beef Tostadas Breaded Chicken Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Eggs & Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Wednesday 21</b> Turkey & Cheese Sandwich Supreme Pizza Spicy Chicken Sandwich Chicken Teriyaki Chicken Burrito Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cinnamon Rolls Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Thursday 22</b> Beef Tacos Cheeseburger Cheese Pizza Sweet & Sour Chicken Chicken Caesar Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Bean & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Friday 23</b> Ham & Cheese Sandwich Pepperoni Pizza Chicken Sandwich Chicken Tender Potato Bowl Mandarin Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Muffin Fresh Fruit Selection Assorted Low Sugar Cereal
<b>Monday 26</b> Supreme Pizza Chicken Tacos Chicken Teriyaki Cheeseburger Ham, Turkey & Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Egg & Sausage Sandwich Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Tuesday 27</b> Beefy Macaroni Beef Nachos Chicken Sandwich Chef Salad Turkey Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Egg & Ham Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Wednesday 28</b> Hamburger Beef & Bean Burrito Ham Sandwich Chicken Salad Chicken Alfredo Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Thursday 29</b> Ham & Cheese Salad Beef Tacos Beef & Broccoli Stir Fry Hot Dog Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Sausage Breakfast Sandwich Fresh Fruit Selection Assorted Low Sugar Cereal	<b>Friday 30</b> Turkey & Cheese Sandwich Italian Dunkers Supreme Pizza Buffalo Chicken Salad Spicy Chicken Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast French Toast Fresh Fruit Selection Assorted Low Sugar Cereal

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