



NOVEMBER 2015

Middle 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.



Free Meals for students



Adult Meal Prices:

Breakfast: \$2.25

Lunch: \$3.25

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Cheese Pizza Hamburger Chef Salad Macaroni & Cheese Veggie Wrap Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	Turkey & Cheese Sandwich Chicken Caesar Salad Cheese Chilaquiles Cheese Quesadilla Spicy Chicken Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Egg & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Supreme Pizza Crispy Chicken Salad Beef & Broccoli Beef Tostadas Chicken Nuggets Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Bagel Fresh Fruit Selection Assorted Low Sugar Cereal	Ham & Cheese Sandwich Hamburger Chicken Teriyaki Beef Nachos Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Bean & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	Grilled Cheese Sandwich Corn Dog Spaghetti w/ Meatsauce Turkey & Cheese Sandwich Cheese Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Eggs & Cheese Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Pepperoni Pizza Chicken Sandwich Beef Lasagna Chicken Mole Chicken Caesar Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Egg & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal	Ham & Cheese Sandwich Caribbean Chicken Salad Corn Dog Orange Chicken Chicken Alfredo Fresh Fruit & Vegetable Bar Variety of Milk Breakfast French Toast Fresh Fruit Selection Assorted Low Sugar Cereal	Veteran's Day No School 	Ham, Turkey & Cheese Sandwich Chicken Tenders Cheeseburger Cheese Enchiladas Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Fresh Fruit Selection Assorted Low Sugar Cereal	Hot Dog Chicken Caesar Salad Popcorn Chicken Cheese Pizza Chicken Stir Fry Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Chef Salad Beefy Macaroni Corn Dog Sweet & Sour Chicken Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	Beef Taco Salad Chicken Nuggets Beef & Bean Burrito Ham & Cheese Sandwich Hamburger Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	Pepperoni Pizza Crispy Chicken Salad Sonoran Hot Dog Spaghetti w/ Meatsauce Cheese Enchiladas Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Bagel Fresh Fruit Selection Assorted Low Sugar Cereal	Turkey & Cheese Sandwich Chicken Sandwich Orange Chicken Cheese Pizza Chicken Wrap Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cinnamon Rolls Fresh Fruit Selection Assorted Low Sugar Cereal	Supreme Pizza Ham, Turkey & Cheese Sandwich BBQ Chicken Salad Beef Tacos Turkey Melt Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Turkey & Cheese Sandwich Cheese Pizza Chef Salad Cheeseburger Bean & Cheese Burrito Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Ham & Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal	Thanksgiving Dinner Ham & Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Scrambled Eggs & Cheese Fresh Fruit Selection Assorted Low Sugar Cereal	Cheese Pizza Buffalo Chicken Salad Hamburger Chicken Alfredo Macaroni & Cheese Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	Thanksgiving Break No School 	

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